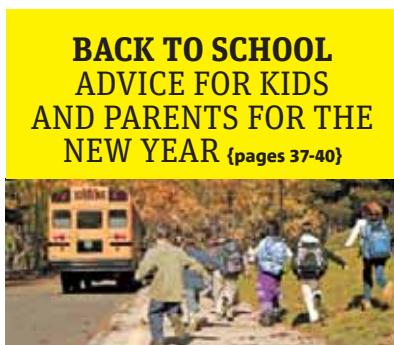


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DICAPRIO GIFTS BLAKE LIVELY'S DAD AT PARTY {page 21}



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Thursday, September 8, 2011
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News worth sharing.

Tragedy touches players, fans

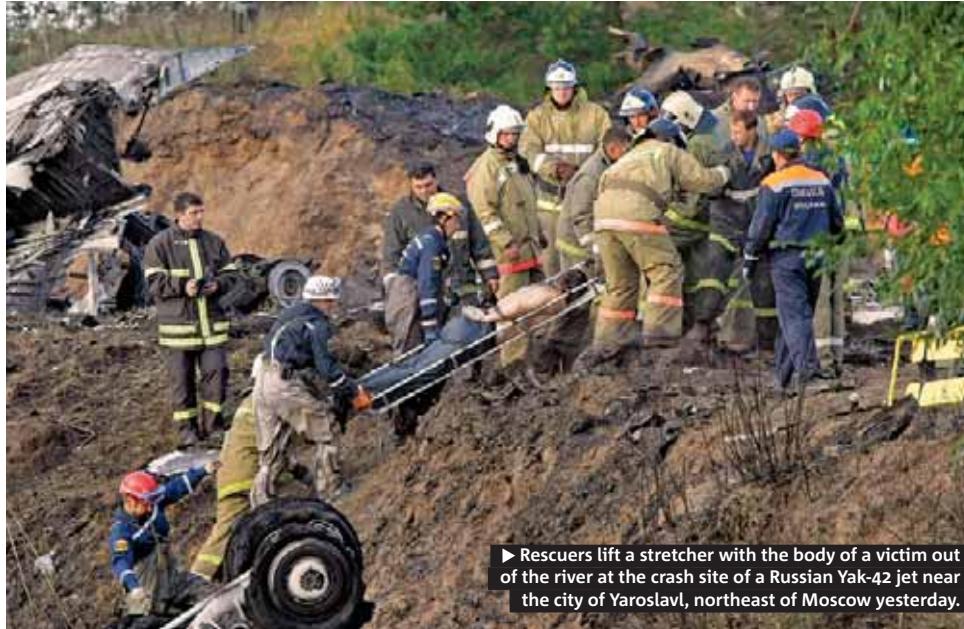
► Canadian coach, 42 others die in crash of Russian hockey team's private jet

 **SEAN
 MCKIBBON**
 @METRONEWS.CA

Ottawa hockey fans and players reacted with sadness yesterday to news that a Russian hockey team's private jet crashed, killing 43 people, including two former Ottawa Senators players and a draft pick.

A statement issued yesterday by the Sens said, "The Ottawa Senators organization is deeply saddened by the news of the tragic plane crash today in Russia. On behalf of the hockey club and all of our fans, we want to extend our sincere condolences to the family and friends of the players, coaches and staff who died, including Senators draft pick Vitaly Anikeyenko, and former players Pavol Demitra and Karel Rachunek. Our thoughts and prayers are with them."

Former Ottawa Senator Martin Havlat said in a series of tweets, "I haven't tweeted in a long time but want to speak today. To all the families of the Yaroslavl players, coaches and to the families of my good friends Josef Vasicek, Jan Marek and (Karel) Rachunek I send out my



► Rescuers lift a stretcher with the body of a victim out of the river at the crash site of a Russian Yak-42 jet near the city of Yaroslavl, northeast of Moscow yesterday.

condolences and sympathies. You will never be forgotten."

"The hockey world is so small," said The Team 1200 radio host Steve Lloyd. "Talk to any player in the NHL and they probably have a connection to

at least one of the people on board that plane."

Those connections extended beyond players to fans.

"Sad day 4 hockey — Karel Rachunek — golfded with him, attended my sons hockey prac-

tices, great man who gave back. #sens," tweeted Canadian Association of Chiefs of Police government-relations representative Timothy Smith.

More coverage {page 8}

Local

Coalition pushes for charity changes

► Group says United Way is 'losing touch with the community'
 ► Wants to change the way that funds are handed out {page 3}

**Say
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Metro's guide to wedding planning {pages 24-27}


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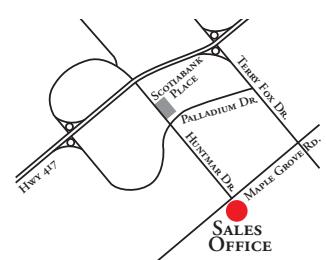


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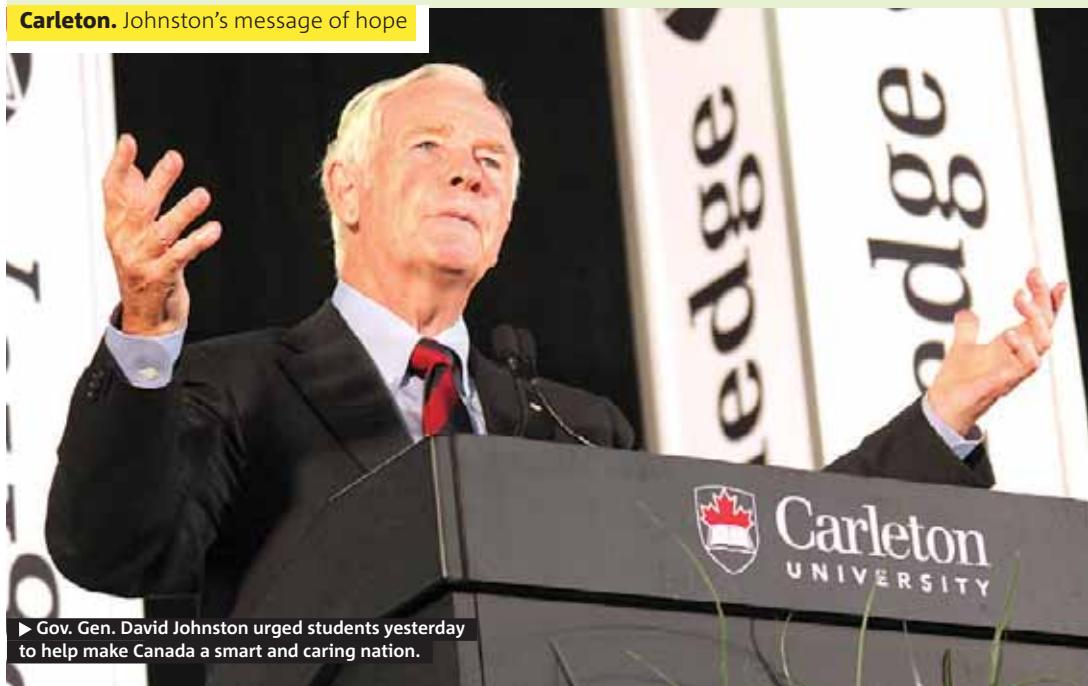
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Carleton. Johnston's message of hope



► Gov. Gen. David Johnston urged students yesterday to help make Canada a smart and caring nation.

JOE LOFARO/METRO

New year,
new
life for
students

Keep an open mind, cherish your teachers and be social innovators. That was the new-school-year message from Gov. Gen. David Johnston as he welcomed about 3,500 undergrads at Carleton University yesterday. About 6,000 incoming students are starting their studies this year — the largest number the university has seen in its 69-year history.

1
news



What does spring break have to do with teen-pregnancy rates?
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On the web at metronews.ca

Jason Priestly gives a hint of what to expect from the upcoming season of Call Me Fitz. Video at metronews.ca

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It's not the way, United Way

► Organization 'losing touch with the community,' it's alleged ► Local coalition wants to change the way funds are handed out ► Groups say they got less money — or none at all

 **JESSICA SMITH**
@METRONEWS.CA

A coalition of charities and community groups has formed to push the Ottawa United Way to change the way it hands out money.

"They're concerned about how our United Way operates. They're concerned that our United Way is losing touch with the community," said Dick Stewart, a spokesperson for the Ottawa Community Action Coalition.

This fiscal year, the United Way launched a request-for-proposal system in which recipient groups must show measurable progress toward goals the United Way has set.

As a result, many organizations received less money — or no money at all.

One member of the coalition, the Ottawa-Carleton Association for Persons with Developmental Disabilities (OCAPDD), says the only target the United Way set that applies to them — helping disabled

people get jobs — misses the mark.

OCAPDD board of directors president Bonnie Dining says when the United Way set that goal, they didn't understand that less than 10 per cent of her clients are able to maintain regular employment.

OCAPDD supports people with developmental disabilities with housing and day programs.

United Way Ottawa used to fund part of their transportation program, which helps clients get to

"The United Way has a lot of power because it holds the funding decisions for many, many organizations."

DICK STEWART, SPOKESPERSON
FOR THE OTTAWA COMMUNITY ACTION COALITION

activities or jobs.

The charity was given funding to "phase out" that program this year and lost funding for their vol-

unteer program, said Dining.

The United Way stands by its new process and that goal.

"The reason we picked that goal, and the reason we feel it is important, is because it meets the test that we had of investing our dollars on behalf of donors where they are needed the most and where they will have the greatest impact," said Michael Allen, United Way Ottawa president and CEO.



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Campaign gets serious

► Voters can sharpen pencils, questions as leaders fire up campaign buses

 **SEAN MCKIBBON**
@METRONEWS.CA

The Ontario election is on officially after months of

unofficial campaigning and now voters can get some answers, say organizers of an upcoming debate.

"Voters can finally get some answers on issues

like waste incineration, social housing fraud, welfare fraud, hydro rates and uploading," said Ade Olumide, a member of the Municipal Taxpayer Advocacy group.

On many issues, municipal politicians, school board trustees and others simply pass the buck to provincial politicians, saying their hands are tied by the province, he

said.

Skyrocketing hydro rates and municipalities that raise taxes after uploading responsibilities to the province are among the most important issues in the election, said Olumide.

His group polled municipal politicians across the province in order to come up with questions to pose to the candidates. Olumide's group will

hold a debate Monday at city hall from 5 to 8 p.m. moderated by CFRA radio host Steve Madely. The debate will feature Ottawa Centre NDP candidate Anil Naidoo, Ottawa-West Nepean incumbent Liberal MPP Bob Chiarelli and his Progressive Conservative rival Randal Denley.

Members of the public will also be able to pose questions,

'We have to control our destiny': Muslim leader

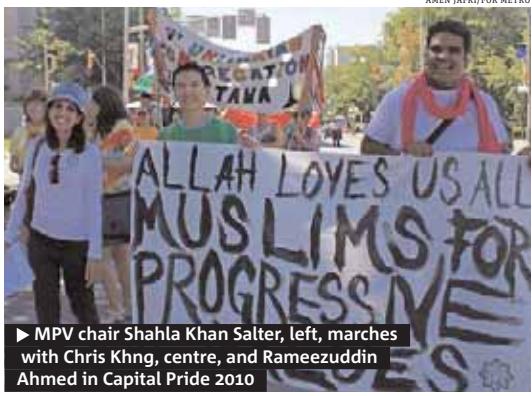
In the aftermath of 9-11, Muslim communities on all points of the political spectrum need to engage one another in dialogue, says Shahla Khan Salter, chair of Muslims for Progressive Values Canada (MPVC).

"Nine-eleven was this big wakeup call. It was about how our community has to change," she said from her home in Ottawa. "We have to control our destiny."

Like many others, Khan

Salter still feels emotional recalling Sept. 11, 2001. She remembers that her three-year-old son switched on the television that morning and every channel broadcast the same footage of the burning buildings.

Prior to the attacks, many Muslims shied away from controversial discussions on their religion, says Khan Salter. But in the following months she realized she couldn't remain silent. So she found-



► MPV chair Shahla Khan Salter, left, marches with Chris Khng, centre, and Rameezuddin Ahmed in Capital Pride 2010

ed a Canadian off-shoot of the U.S.-based Muslims for Progressive Values (MPV).

The first chapter of MPV started in the U.S. in 2007 in response to the 9-11 attacks, she says.

"They knew they couldn't watch this unjust version of Islam. It heightens the ability of extremists to cause chaos all over the world," said Khan Salter. "Muslims have to take responsibility and take a stand to deal with intolerance, sexism and homophobia."

She's been surprised by some responses from the community, describing how a conservative Muslim once approached her, asking how to reconcile Islam with homosexuality.

"Our community is so diverse, we can't always assume. We have to insist on respectful and polite dialogue. It takes time for a community to change and that's one thing I've accepted." ● AMEN JAFRI

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Renaissance in Little Italy

Ottawa's Little Italy neighbourhood celebrates La Vendemmia, an annual festival in celebration of wine, food and art, Sept. 22-25. The festival includes an open-air art gallery, wine tasting, Italian language lessons and local produce at the Preston farmers' market among other activities. Visit lavendemmiaottawa.com.

Dreams now real for local teen animator

► Set to take part in one of the largest festivals in North America ► Films from Canada, Estonia, Germany, Israel, Japan, South Korea to be screened



JOE LOFARO
@METRONEWS.CA

The Ottawa International Film Festival is less than two weeks away, and 17-year-old Glebe Collegiate Institute student David Borish is anxious to screen his latest film to a global audience.

"I entered not knowing what to expect at all, and now that I realize how big of a festival it is and how international it is, I feel honoured and really excited to be here," said Borish.

More than 2,000 films from around the world were submitted for the five-day festival, but only



100 made it into the official competition. Two short films produced in Ottawa

will be screened, including Borish's Paper Man. The amateur animator

spent more than a month producing his stop-motion animation short in which he stars as a photographed person in a photo frame that comes to life and wanders around a house. About 300 cutouts and 700 photographs were used in the film, which runs just under four minutes.

Chris Robinson, the festival's artistic director, said the filmmakers make the festival an appealing event.

"We have A-list animators here who are just completely down-to-earth people and they share with students," said Robinson. "It's just a big dysfunctional family."

Community coming together for Sudan fundraiser



SEAN MCKIBBIN
@METRONEWS.CA

Members of Ottawa's Sudanese community are holding a fundraiser to help the people of the Nuba mountains who have fallen under attack from government of

North Sudan following the division of the country.

People in the area supported the Southern People's Liberation Army but weren't included in South Sudan when the country was divided after a referendum, said Hamid Hamid, one of the organizers.

"They are completely isolated. They don't have access to food, they don't have access to water," he said. However, he added that people in South Sudan are able to get aid through the community.

The fundraiser will happen at Vincent Massey Park, Saturday, from 10 a.m. to 7 p.m. It will feature a Halal barbecue, traditional Sudanese cuisine, dances and music, as well as presentations about the situation in the region.

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World reacts to shocking crash

- Disbelief plagues global hockey community
- Condolences sent to family and friends of victims

Reaction to the plane crash in Russia that killed at least 43 people, including members of the top Russian hockey team Lokomotiv: **International Ice Hockey Federation President Rene Fasel:**

"This is the darkest day in the history of our sport. This is not only a Russian tragedy... This is a terrible tragedy for the global ice hockey community with so many nationalities involved."

NHL Players' Association Executive Director Don Fehr:

"Words cannot express the profound sorrow that this loss has created. Our

sincere condolences go out to the friends and families who have been impacted by this terrible tragedy."

Russian Ice Hockey Federation President Vladislav Tretyak:

"We will do our best to ensure that hockey in Yaroslavl does not die, and that it continues to live for the people that were on that plane."

Russian NHL star Alex Ovechkin of the Washington Capitals on Twitter:

"I'm in shock!!!!R.I.P..."

Colorado Avalanche executive adviser Joe Sakic:

"I am still in disbelief about today's tragic news. Both Karlis (Skrastins) and

Ruslan (Salei) were unbelievable individuals and great teammates..."

St. Louis Blues president John Davidson:

"The St. Louis Blues have lost two members of our family, Pavol Demitra and Igor Korolev. Pavol and Igor were both incredibly passionate and dedicated players and their influence in St. Louis was not only felt on the ice, but throughout the community."

Czech coach Vladimir Vujtek:

"That's horrible. I had many close friends there, I know the families. Just half a year ago, I trained those guys." **THE ASSOCIATED PRESS**

Tragedy exacts historic death toll on team

A private Russian jet carrying a top hockey team slammed into a riverbank yesterday, killing 43 people, including the team's Canadian coach, in one of the worst plane crashes ever involving a sports team.

Two other people were critically injured.

Russia and the world of hockey were left stunned by the deaths of so many international stars in one catastrophic event. The International Ice Hockey Federation said 27 players of the Lokomotiv Yaroslavl team were killed, along with two coaches and seven club officials.

The Russian Emergency Situations Ministry said the Yak-42 plane crashed into the shores of the Volga River immediately after leaving the airport near the city of Yaroslavl, 240 kilometres northeast of Moscow. The weather was sunny and

clear at the time. Russian media said the plane struggled to gain altitude and crashed into a signal tower, shattering into pieces.

The plane was carrying the team from Yaroslavl to Minsk, the capital of Belarus, where they were to play in the opening game of the Kontinental Hockey League season. It had 45 people on board, including 37 passengers and eight crew, the ministry said.

"Though it occurred



thousands of miles away from our home arenas, this tragedy represents a catastrophic loss to the hockey world — including the NHL family, which lost so many fathers, sons, teammates and friends," NHL Commissioner Gary Bettman said in a statement.

The cause of the crash was not immediately apparent. Unnamed local officials said it may have been due to technical problems.

THE ASSOCIATED PRESS

Tragic legacy

- **KHL confirmed that** Canadian Brad McCrimmon, the team's head coach, was among the dead. McCrimmon became coach in May.
- **Czech players Josef Vasicek, Karel Rachunek and Jan Marek and Latvian defenceman Karlis Skrastins were amongst those killed.**
- **The Russian team featured** several top European players and former NHL stars, including Slovakian forward and national team captain Pavol Demitra, who played in the NHL for the St. Louis Blues and Vancouver Canucks.
- **Other top names include** Russian defenceman Ruslan Salei and Swedish goalie Stefan Liv.
- **Officials said Russian** player Alexander Galimov survived the crash along with a crew member.
- **In June, another Russian** passenger jet crashed in the city of Petrozavodsk, killing 47 people. The crash of that Tu-134 plane has been blamed on pilot error.
- **75 Marshall University** football players, coaches, fans and airplane crew died in a plane crash in Kentucky on Nov. 17, 1970, returning home from a game.
- **30 members of the** Uruguayan rugby club Old Christians were killed in a crash in the Andes in 1972.
- **The 18-member U.S. figure** skating team died in a crash while on their way to the 1961 world championships in Brussels.
- **In 1949, the Torino soccer** team lost 18 players near Turin, Italy, while the Munich air crash of 1958 killed eight Manchester United players.



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News in brief

Delhi bombing kills 11

NEW DELHI, INDIA. A powerful bomb hidden in a briefcase ripped through a crowd of people waiting to enter a New Delhi courthouse yesterday, killing 11 people and wounding scores more in the deadliest attack in India's capital in nearly three years.

An al-Qaida-linked group claimed responsibility, though government officials said it was too early to name a suspect. The attack outside the High Court came despite a high alert across the city and renewed doubts about India's ability to protect even its most important institutions, despite overhauling security after the 2008 Mumbai siege.

THE ASSOCIATED PRESS

Suicide blasts claim 23 in Pakistan

QUETTA, PAKISTAN. A pair of suicide bombers killed 22 people while targeting a top army officer in southwest Pakistan yesterday, missing him and killing his wife, several guards, a senior officer and two children, officials said.

Police said they were investigating whether the strike in the city of Quetta was revenge for the recent arrests there of three top al-Qaida suspects, an operation assisted by the CIA.

The Taliban claimed responsibility for the attack, but a spokesman for the group did not mention the arrests.

Police officer Hamid Shakil said at least 23 people were killed and more than 80 were injured, some critically.

THE ASSOCIATED PRESS

Threats ground Pakistan flights

► Bomb scare comes four days before tenth anniversary of 9-11 attacks

Two flights operated by Pakistan's state-owned airline received bomb threats yesterday, and both landed safely, one in Turkey, the other in Malaysia, officials said. No bombs were found.

The first flight was headed for Manchester, England, when it was notified of the threat near the Bulgarian capital of Sofia. The crew contacted the control tower in Istanbul to seek permission for the landing, state-run Anatolia news agency reported.

Authorities quickly evacuated all 378 passengers from the Boeing 777-

300ER aircraft after it parked at a remote corner of the International Ataturk Airport, and bomb squads began searching the plane with sniffer dogs, Anatolia reported.

PIA spokesman Masood Tajwar confirmed the flight received a threat and landed. All passengers were safe. A police search turned up no bomb, officials said.

Later, a second PIA flight from Islamabad to Kuala Lumpur also received a bomb threat. It landed in Kuala Lumpur and all the passengers disembarked safely, said

Tajwar.

Malaysia's airports authority said the passengers were being screened and the plane was isolated in a parking area while being searched by police. No bomb was found.

It said the plane carried 164 passengers and 13 crew members.

Azmi Murad, senior general manager for the authority, said the Pakistani airline informed them that the warning came by email.

Tajwar gave no details on the nature of the threat or how it was delivered.

THE ASSOCIATED PRESS



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THE ASSOCIATED PRESS

Al-Qaida members sanctioned

The United States has put sanctions on three Pakistan-based individuals it says are top al-Qaida members.

Yesterday's action freezes any assets in the United States belonging to Abu Yahya al-Libi; Abd al-Rahman Ould Muhammad al-Husayn Ould Muhammad Salim; and Mustafa Hajji Muhammad Khan. Americans are also barred from doing business with the men.

David S. Cohen, the undersecretary of treasury for terrorism and financial intelligence, says the sanctions strike "at the heart of al-Qaida's remaining leadership and its operations in Pakistan."

The Treasury Department identified al-Libi as an al-Qaida commander, Salim as a senior leader of the terrorist organization and Khan as a facilitator, courier and operative.

THE ASSOCIATED PRESS

► Passengers disembark from a Pakistan International Airlines plane that was forced to land in Istanbul due to a bomb threat yesterday.



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NASA scientist guilty of spying

- Wanted \$2M US to sell top secret information
- Could have faced death penalty for espionage

A former U.S. government space scientist pleaded guilty yesterday to one count of attempted espionage for trying to sell classified information to an undercover FBI agent posing as an Israeli spy.

During an appearance in federal court, Stewart David Nozette admitted that he tried to provide Israel with top secret information about satellites, early warning systems, ways of retaliating against large-scale attack, communications intelligence information and major elements of defence strategy.

Both the Justice Department and Nozette's lawyers have agreed to a sentence



► Stewart David Nozette

of 13 years in prison, with credit for two years Nozette has already spent behind bars. U.S. District Judge Paul Friedman said he was prepared to accept the deal, pending Nozette's co-operation with prosecutors, a

procedure expected to last into November.

Appearing in court in a prison jumpsuit, Nozette said he understood the charge to which he was pleading. He could have been sentenced to death had he been convicted of all four counts of attempted espionage that he faced.

Just before his arrest, Nozette told an undercover FBI agent in the sting operation on Oct. 19, 2009, that the secrets he was passing to Israel had cost the U.S. government anywhere from \$200 million to almost \$1 billion, according to newly filed court papers in the case.

THE ASSOCIATED PRESS



► His Holiness the Dalai Lama smiles as he arrives in Montreal yesterday. He is attending a conference on the world's religions in the post 9-11 world.

GRAHAM HUGHES/THE CANADIAN PRESS

In Canada to discuss religion

Joining the Dalai Lama at the conference are religious scholars and spiritual thinkers, including Nobel laureate Shirin Ebadi, Tariq Ramadan and Deepak Chopra.

A nation of cheaters?

49 The percentage
of Canadians
who said they were
not likely to cheat on
their taxes.

A new poll commissioned by the taxman suggests half of Canadians are ready to cheat with under-the-table cash payments.

The others were open to cutting corners, usually by paying cash for goods and services.

THE CANADIAN PRESS

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Are Gadhafi's days numbered?

► Former rebels don't know where Gadhafi is: Deputy Defence Minister ► Ousted leader is not a NATO target

A Tripoli military official said yesterday that Moammar Gadhafi is cornered and the days before he is captured or killed are numbered, but another senior defence official contended that Libya's new rulers have no idea where the fugitive former leader is.

The comments are the latest in a series of conflicting statements on the most pressing question still haunting the North African nation — where is Gadhafi?

The ousted leader, who ruled Libya for nearly 42 years, hasn't been seen in public for months, and has released only audio messages trying to rally his supporters and lash out at his

opponents. He went into hiding after opposition fighters swept into Tripoli on Aug. 21. The former rebels are still battling regime loyalists in three Gadhafi strongholds: Bani Walid, Sabha and Sirte.

Hunting down Gadhafi would help seal the new rulers' hold on the country, and likely trigger the collapse of the remaining regime loyalists.

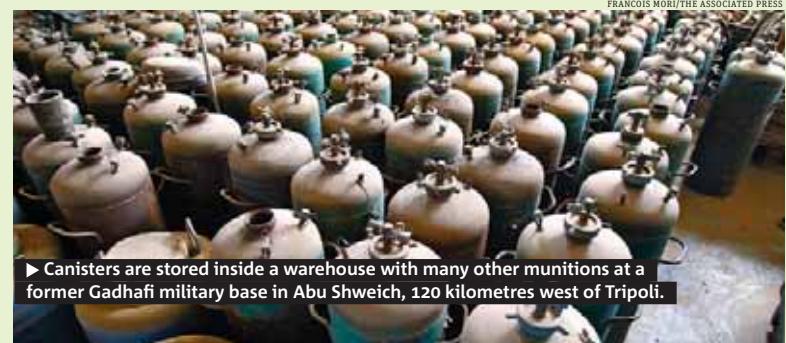
Anis Sharif, a spokesman for Tripoli's military council, told The Associated Press that Gadhafi was still in Libya and had been tracked using advanced technology and human intelligence. Rebel forces have taken up positions on

all sides of the fugitive leader's presumed location, with none more than 60 kilometres away, he said.

"He can't get out," said Sharif, who added the former rebels are preparing to either detain him or kill him. "We are just playing games with him," he said. He said an operations room has been set up in Tripoli to try to track Gadhafi's movements and co-ordinate the search.

Thousands of fighters have converged on areas outside Bani Walid, some 140 kilometres southeast of Tripoli, threatening to attack if residents don't surrender by Saturday.

THE ASSOCIATED PRESS



► Canisters are stored inside a warehouse with many other munitions at a former Gadhafi military base in Abu Shweich, 120 kilometres west of Tripoli.

UNSECURED WEAPONS A THREAT

Crates of mortar shells sit unguarded and empty boxes for missiles to blow up tanks and bring down airplanes are strewn about arms depots around the Libyan capital.

Former rebels say they took some ammunition for the fight against Moammar Gadhafi, but U.S. officials and others have expressed fears Libya's weapons could fall into the wrong hands.

The six-month civil war

that ended Gadhafi's 42-year rule and sent him into hiding also threw open the gates to his regime's extensive armories.

The country's new leaders have failed to secure many of the caches, making them free game for looters, former rebel fighters or anyone with a truck to carry them away.

Since Gadhafi's fall, American and UN officials have warned that the failure to control Libya's

weapons could destabilize the whole of North Africa.

It remains unclear how many weapons have been uncovered since Gadhafi's fall, said Peter Bouckaert of Human Rights Watch.

"The problem is that the locals usually find out first and by the time we arrive and we can get some guards there, a lot of the most dangerous weapons have already been taken away," he said.

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Flaherty minds the price gap

► 'Irritated' finance minister wants to know why Canadians pay more than Americans for goods

Finance Minister Jim Flaherty is asking a Senate committee to look into the price gap between Canada and the United States.

In a letter to the Senate finance committee released yesterday, Flaherty said he is irritated that the gap continues to exist even though the Canadian dollar has been worth more than the U.S. currency for most of the year.

In fact, Flaherty points out that the Canadian currency has been strengthening over the past five years. The loonie's strength has presented challenges to entrepreneurs, exporters and the economy but Canadian consumers aren't getting

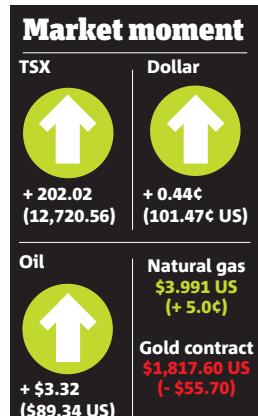
he writes.

Bank of Montreal economist Douglas Porter said in April that Canadians pay on average 20 per cent more on many items.

Canada's retail industry has often said it takes months to adjust to currency fluctuations, due to the lead time required to import goods. They have also said their U.S. counterparts have several built-in advantages.

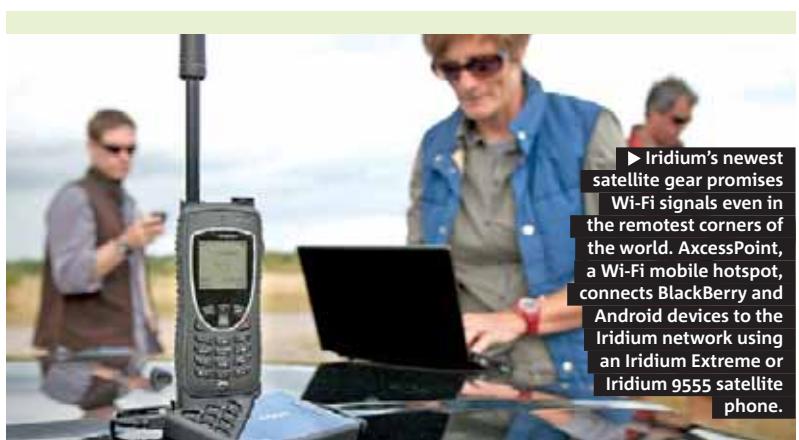
Flaherty has asked the committee to look into how prices are affected by the size of the Canadian retail market, transportation and freight costs, tariffs, real-estate costs and other factors.

THE CANADIAN PRESS



full payback in the form of the prices of goods sold in this country, he says.

"I share their irritation,"



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Black sues 'Cain-like' ex-partner

Conrad Black is suing his former Hollinger International business partner David Radler, who testified against him at his 2007 fraud trial.

The lawsuit filed in Cook County Circuit Court in Illinois accuses Radler

of illegally adding shareholders and debt to Horizon Publications Inc., a U.S. newspaper chain in which Black had a stake.

The Chicago Sun-Times says the suit by Black, who returned to prison this week, calls Radler "an in-

famous Canadian citizen" and refers to his "Cain-like betrayal."

Radler said yesterday that he was aware of the lawsuit, but had not seen the legal documents yet and could not comment.

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News in brief

Saab story nearing end

RED INK. Swedish Automobile, producer of the Saab, filed for bankruptcy protection yesterday in a last-ditch attempt to salvage a brand crippled by production stoppages, withheld salary payments and mounting debt. The company said the move would buy it time to receive funding from Chinese investors and avoid bankruptcy.

The Netherlands-based Spykers Cars changed its name to Swedish Automobile after deciding to focus only on the Saab brand. Led by Dutch businessman Victor Muller, the company has failed to revive the loss-making brand since taking it over in 2010 from General Motors Co.

which was in the process of dismantling it.
THE ASSOCIATED PRESS

Hindsight is 20-20 for RBC

BANKING. RBC, Canada's largest bank, has learned it needs a "very clear line of sight" on whether acquisitions can make good profits before it makes a major purchase, CEO Gord Nixon said yesterday.

Royal Bank of Canada bought more than 400 retail bank branches in Florida, Alabama, Georgia and other U.S. states over the past decade, but agreed recently to sell them at a \$1.57-billion loss.

Nixon said RBC's foray into the U.S. failed because it was operating in a "challenged" part of the country where customers were hit hard by unemployment and a tanking real-estate market. THE CANADIAN PRESS

A \$1B McMakeover

CHRIS YOUNG/THE CANADIAN PRESS

- Would you like fries with that leather chair and plasma TV?
- McDonald's getting a new look

McDonald's is spending \$1 billion to renovate all its Canadian restaurants in an effort to make them look cozier, raising the stakes in Canada's \$19-billion-a-year fast-food industry.

The company plans to spruce up 1,400 stores by next year, tearing out the old plastic interiors and replacing them with leather furniture, plasma televisions and fireplaces.

Exteriors are also getting a fresher look as the traditional red roofs are replaced.

"People tend to linger a little bit more in restaurants today. They want to enjoy their meals, take a break from the busy lifestyle that they lead, and we think our restaurants today are certainly doing

Food fight

- The McDonald's makeover comes at a time when rival Tim Hortons is beefing up its food offerings.
- Tim Hortons has said it plans to "vigorously defend" its position as the coffee market leader in Canada, with 45 per cent of breakfast sales.
- Tim Hortons has about 3,200 stores in Canada, compared to 1,400 operated by McDonald's.

that a lot better than in the past," McDonald's Canada CEO John Betts said yesterday.

The redesigns are based on formats used by McDonald's in Australia and parts of Europe. Construction is



► McDonald's Canada CEO John Betts, enjoying a meal at a franchise in Toronto's east end, says the renovations are a response to feedback from customers and store owners.

complete in some restaurants in Toronto and Montreal. Betts said renovated stores have already brought in more customers.

"The business we've been enjoying from our reimaged restaurants or remodeled restaurants is close to double digits."

That's higher foot traffic than the average. Analysts say annual growth in the industry is normally two to three per cent.

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PARENTING WITHOUT THE CHLOROFORM

HE SAYS ...

JOHN MAZEROLLE
METRO



When I was a kid, I could tell back-to-school time was here when we weren't allowed to eat.

Can of pop? "That's for lunches." Yogurt? "Lunches."

Bacon and eggs? "Lunches." If I remember correctly, all we were allowed at home was a box of baking soda and the occasional Milk Bone.

I don't have any children, but having experienced my parents' rearing methods — discipline through starvation

— I believe I have the skills necessary to help you as your child heads back to school. Here's what you need to know.

Fashion: Children's trends can be confusing, but it's important to remember that fashion is cyclical. In some eras, high school kids wear clothing so tight that they might as well be naked. Other times, they wear clothing so loose any quick movements will render them naked.

They know what they're doing. I have no idea what's "in" now, but if it offends your sensibilities, pick it up. Your kid will love it.

Supplies: Once your kids have all the "hippest duds," you'll want to get them the coolest supplies. Nothing was worse than owning plastic rulers pathetically devoid of holographic dinosaurs, or a compass that wasn't nearly sharp enough to stab the girl you

liked. Buy one of those \$29.99 sets with the quadratic equation written on the back, and your kids could be as cool as I was, though somehow I doubt it.

Rest: Getting kids to bed at a decent hour after a long summer can have even the most patient parents reaching for the chloroform. Researchers say you should make sure your child gets eight hours of sleep — more if you don't like them.

Don't forget to care: As the school year moves on, it's imperative you pretend you still care about your kids. After all, these are the same children that will one day be sending you to a home.

Showing your love may prove difficult. If you drive them to school, they will deny they have parents by leaping from the vehicle while it's in motion, sometimes through a closed window. And if you ask what happened at school today, they will say, "Nothin'," even if their math teacher unexpectedly burst into flames.

Despite this, support whatever they do. If they lie to the teacher, tell them they have a life as an MP ahead; if they don't show up at all, senator.

And that's the only proper way to raise your children. But remember, all these guidelines will be useless if you don't forget one important rule. You MUST feed your children, lunches be damned. A Milk Bone will clean their teeth, too.

Read more of John Mazerolle's columns at metroneWS.ca/hesays



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Should parents and students have to pay for school supplies?

87%

YES, IT'S PART OF THE COST OF PROCREATING



12%

NO, WE SHOULD ALL BE FULLY FUNDING THE EDUCATION OF OUR FUTURE CAREGIVERS

Local tweets



► **@JulieSlalonde:** This is the perfect combination of NIMBYish and #FirstWorld-Problems <http://bit.ly/qkJQdZ> I study aging, I respect elders, but WTF folks...

► **@Greenpeace:** Peaceful protests against tar sands finish in Washington but are just getting started in Ottawa <http://www.ottawaaction.ca/>

► **@Jusdayne:** Now all Ottawa needs is an @hm-canada! "@DowntownRideau: Forever 21 in the Rideau Centre is officially

OPEN! <http://bit.ly/oyBbil>" ► **@TheMagicFridge:** Apparently it will soon... RT

@TaniaFrechette: I wish #Ottawahad a @WholeFoods

► **@TEDxCarletonU:** Creativity expert Sir Ken Robinson <http://bit.ly/r7xfWp> coming to #Ottawa: Oct 3rd. Details here: <http://bit.ly/pFoPxS> cc/ @TEDxOttawa

► **@ottawahorror:** RT @zombiewalk613: Hey folks. We're taking a survey on the date/day of the week for this year's walk <http://on.fb.me/9Ot692Ple> as RT!...

Worth Mentioning

The Dalai Lama warns that all religions — including his own — have faithful who carry the seeds of destructive emotions within them.

Speaking yesterday in Montreal, the Buddhist spiritual leader said a key to promoting religious harmony after 9-11 is to stop criticizing religions based on the actions of a handful of "mischievous" followers.

He delivered his message at a conference examining how religions can foster peace in the post-9-11 world.

"Logically, if you criticize Islam due to a few mischievous Muslims, then you have to criticize all world religions," the Dalai Lama told the packed auditorium.

"That, I think is totally wrong to create that kind of negative impression to one particular religion — that is totally wrong."

He said everybody — even himself — has the potential to develop harmful feelings and it's the job of religions to try and reduce them.

"Through awareness ... we try to minimize these destructive emotions and try to increase these constructive emotions," he said.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Being a nudist does have its drawbacks

Nudists in San Francisco might soon lose the freedom to bare it all — at least some of the time.

Walking around naked is legal, but a city supervisor concerned about public health and sanitation introduced legislation Tuesday that would require nudists to put something under their bottoms if they take a seat in public.

Supervisor Scott Wiener's propos

al would also require nudists to cover up when they are in a restaurant.

Wiener represents the city's Castro District, where a group of nudists is known to gather and walk around.

The San Francisco Chronicle reports that Wiener only wants to require that nudists show basic courtesy and decency to their fellow citizens, not open up a debate on the appropriateness of public nudity.

"Only in San Francisco," Capt. Greg Corrales told the newspaper.

Just walking around naked in San Francisco isn't against the law, unless the person is aroused. Then the conduct can be considered lewd, which is illegal, according to the San Francisco Chronicle. **THE ASSOCIATED PRESS**

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News in brief



A 36-year-old man has been charged after he allegedly broke into Celine Dion's home near Montreal, raided the fridge and even took the time to pour himself a bath. He was nabbed by Laval police on Monday afternoon after the alarm system went off.

THE CANADIAN PRESS



Scan this code or visit metronews.ca/scene to find out who won big at last night's Gemini Awards

Releasing 'the stigma'

- ▶ Irish rockers hoping to inspire change starting right here in Ottawa
- ▶ Concert aimed at raising awareness about mental illness and suicide prevention

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



Irish rock band Friends of Emmet are trying to change the world, one concert, one download or one YouTube view at a time.

They recently released their single Coming Apart with all of the proceeds going to the Collateral Damage Project, a series of portraits, websites and exhibitions of people who have had loved ones die by suicide.

The song itself was inspired by a documentary frontman Mark Leddy saw called The Bridge. The film featured the story of Kevin Hines, who had tried to commit suicide by jumping off the Golden Gate Bridge only to survive.

Friends of Emmet bass player Keith Geraghty says the band's hope is to try to change the way people view mental illness.

"I would like to think that we have the tools to be able to release the stigma of suicide and mental health," he says. "The way we thought we could do that is through this song."

When the band finished recording Coming Apart,



▶ Irish band Friends of Emmet will perform at Centrepointe Theatre on Saturday night.

they reached out to Hines, who agreed to appear in the music video. He's now a good friend of the band.

However, the song isn't the only way in which Geraghty is trying to inspire change. He is intensely active in suicide prevention in his homeland of Ireland, unfortunately because it's a subject he's familiar with.

"I had a suicide in the family and we didn't realize it was coming," explains Geraghty. "And, secondly, I attempted suicide myself so I know, from both angles, what it's

All in the details

Friends of Emmet with Susan Aglukark

When: Saturday at 8 p.m.
Where: Centrepointe Theatre.
Tickets: \$35 through the Centrepointe Box Office.

What else is going on?
Spencerville Fair

like to be in that dark hole and not be able to see the light."

After the show in Ottawa, the band will head

When: Today through Sunday.
Where: George Drummond Memorial Grounds (Spencerville).
Price: \$25 for a weekend pass.

Celebrate the 156th annual Spencerville Fair this weekend, featuring a performance by Kevin Costner and his band Modern West.

back to Dublin with Kevin Hines to take part in a huge campaign for suicide prevention.

"A change has to be

made," Geraghty says. "If you suffer from high blood pressure or cholesterol problems, you get treatment. But if you bring up the subject of mental health and say you're on medication, people think you're weird or you're strange."

"We've just got to release the stigma."

All of the proceeds of this event will go to the Collateral Damage Project, the Arctic Children & Youth Foundation and to support LivingWorks SafeTALK and ASIST training here in Ottawa.



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The little horror movie that could

► Creature not exactly a generic horror film, says Canadian actor Dillon Casey ► Movie released tomorrow

CHRIS
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How a kid from Oakville, Ont., ended up in the Louisiana swamps filming a gloriously trashy monster movie is a story in itself, but such is the legacy of Canadian actor — and sometimes writer and director — Dillon Casey.

Casey, already a veteran TV performer from such glossy shows as *Being Erica* and *The Vampire Diaries*, stars as one of the slew of youthful anti-heroes who come face to face with a lethal reptilian monster in *Creature*, a nifty new low budget shocker co-starring genre

icon Sid Haig, opening across North America this Friday.

"The first thing I noticed when I read the script was the name (of producer) Sid Sheinberg," says Casey, back in Toronto for his recurring role in the CTV hit series *Nikita*.

"I mean, he's a legend ... he was the head of Universal pictures. He was behind *Jaws*."

Sheinberg's name no doubt pushed writer/director Fred Andrew's little horror movie that could into the higher profile release it's getting this week, but outside of the pedigree, *Creature* is an eccentric, interesting, un-

pretentious and often eerie thriller.

"(*Creature*) looks like a generic horror film on the surface," notes the actor.

"But there are many twists and turns and unexpected elements that elevate it."

Casey was bit by the acting bug when studying at the University of Toronto and found he had the chops — and the looks — to make a living pretending to be other people. But originally, his role in *Creature* called for a very different face.

"My character was fat, nerdy and I really didn't think I had a chance of getting it," he says.

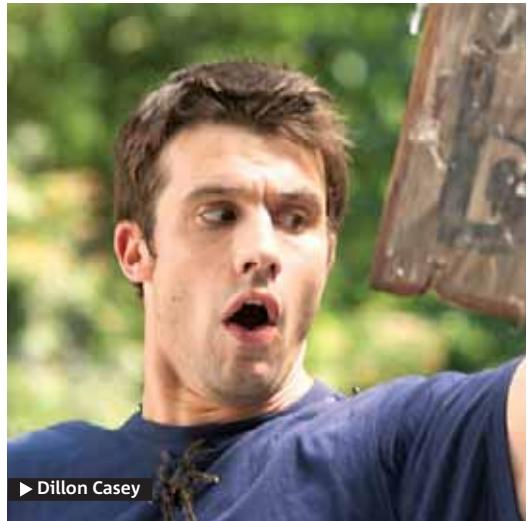
"My character was fat, nerdy and I really didn't think I had a chance of getting it"

ACTOR DILLON CASEY

"But then I got the call that I did. I was surprised. Later on the set, Fred said that the reason I got the roll was that I nailed it on the call back."

"I kept quiet at first but I eventually told Fred that I didn't actually get brought in for a call back. So really ... he probably cast the wrong guy for the role by mistake!"

► The monster from *Creature*.

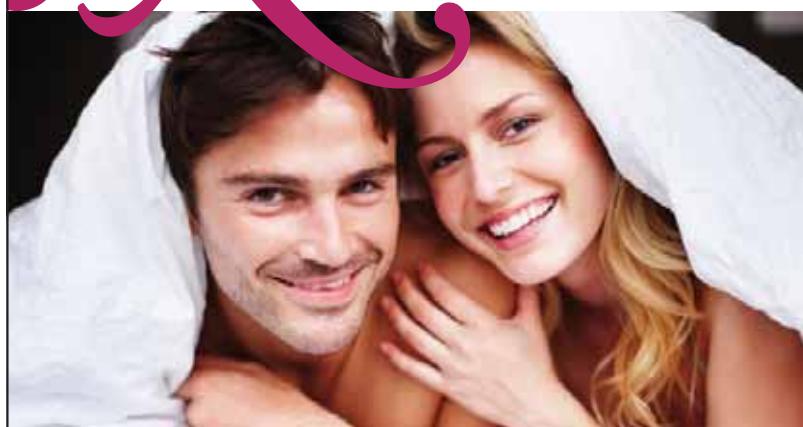


► Dillon Casey

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A SPECIAL FEATURE DEVOTED TO LOVE, SEX & RELATIONSHIPS IN TODAY'S WORLD.

ONLY IN METRO SEPTEMBER 13

PRESENTED BY:



The Oscar goes to... Eddie

► 84th Academy Awards to be hosted by Eddie Murphy ► A recipe for success or disaster?

Eddie Murphy has been tapped to host the 84th Annual Academy Awards, to be broadcast next year, according to the Academy of Motion Picture Arts and Sciences.

"Eddie is a comedic genius, one of the greatest and most influential live performers ever," said film director Brett Ratner, who's producing the show and helmed Murphy's latest, *Tower Heist*.

"With his love of movies, history of crafting unforgettable characters and his iconic performances — especially onstage — I know he will bring an excitement, spontaneity and tremendous heart to the show. Don and I want to produce in February."

"I am enormously honoured

to join the great list of past Academy Award hosts from Hope and Carson to Crystal, Martin and Goldberg,

among others," said Murphy, 50.

"I'm looking forward to working with Brett and Don on creating a show that is enjoyable for both the fans at home and for the audience at the Kodak Theatre as we all come together to celebrate and recognize the great film contributions and collaborations from the past year."

The move is thought to be an effort to inject a little humour

back into the event after last year's hosts Anne Hathaway and James Franco were considered flops.

In a bland performance, which the media described as all around awful, the pair bounced through a raft of skits and montages that many critics and fans found more long than laughable.

Chosen to attract a younger audience,

Hathaway and Franco lacked what some described as onscreen chemistry.

With a similarly lacklustre showing from Steve Martin and Alec Baldwin in 2010, organizers are banking on Murphy to restore the golden age of Oscar nights, when big draws such as Whoopi Goldberg and Billy Crystal effortlessly brought the house down among even the most demanding of crowds.

Murphy was nominated for a Best Supporting Actor Oscar for *Dreamgirls* in 2006.

He was said to have walked out of the show after losing to *Little Miss Sunshine* star Alan Arkin.

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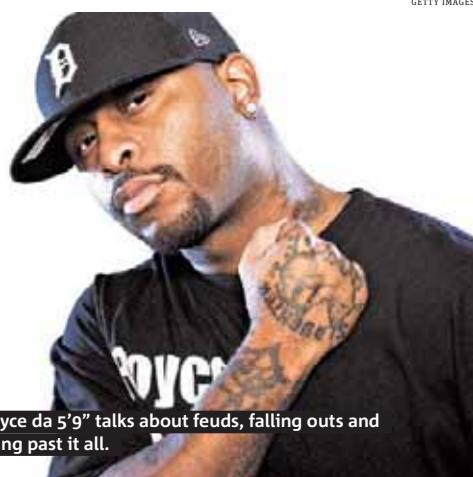
To hell and back with Royce

► Royce da 5'9" grows up, and so does his music ► He reflects on getting over his troubles
► Talks about getting over the beef with Eminem and keeping his family out of his music

From the first moment Detroit rapper Royce da 5'9" met Eminem — "a skinny white kid pushing mix-tapes" at an Usher gig in 1997 — he saw the potential in him.

Royce says they've both evolved in the 14 years that have passed. The pair had a falling out and feuded for a while, but now are so tight they put out a successful joint album, *Hell: The Sequel*, over the summer as *Bad Meets Evil*. And the iconic rapper has given Royce plenty of grown-up advice as his success grows, with his recently released third studio album, *Success Is Certain*.

The 34-year-old Royce talked about their relationship, his own growing pains and his bond with



► Royce da 5'9" talks about feuds, falling outs and getting past it all.

his 13-year-old son in a recent interview.

How did you sort out your feud with Eminem?

It kind of sorted itself out. A lot things transpire, time heals everything. It wasn't anything that he

did to me or anything that I did to him ... We just kind of grew apart at that moment. There was a lot going on, a lot of money got thrown into the middle, a lot of other people involved. I think once we lost Proof (the rapper was killed in 2006), the D12 guys were real instrumental in kind of bringing us back together. They always knew how close we were. And once I squashed the beef with them, they were real verbal with going to him and saying 'Look, we're not beefing with Royce no more, there's not a problem anymore.'

Your last album, *Death Is Certain* was a very dark album. What are you rapping about now?

With the *Death Is Certain* album, I spoke about a lot of the mistakes I was making, like the dark cloud that I felt was hovering over my head. Failure, negativity, beef, and this album is you know, looking back ... and reflecting on that; speaking of triumph, overcoming adversity, leaping over hurdles. I still try to maintain the dark feel sonically, but content-wise, I just wanted to make it a little bit brighter.

Does your son ever influence your music?

I try not to let it influence my music. I try to live a double life, as horrible as that sounds. I try not to be Royce da 5'9" in my home; I try to just be Ryan Montgomery. THE ASSOCIATED PRESS

Yes, but

Eddie Murphy is going to be hosting the Oscars. But is it a good choice or a disaster waiting to happen?

► YES Murphy is cool and confident live. If you have never seen his stand-up special *Delirious* or his skits on Saturday Night Live, go to YouTube immediately.

► BUT You can't f-ing swear on live TV.

► YES He's a part of movie history. *Beverly Hills Cop*, *48 Hours*, *The Nutty Professor* and *Shrek* are all classics.

► BUT Vampire in Brooklyn, Metro, Doctor Dolittle, Holy Man, Life, Doctor Dolittle 2, Showtime, The Adventures of Pluto Nash, I Spy, Daddy Day Care, The Haunted Mansion, Norbit, Meet Dave, *Imagine That*.

► YES Murphy was nominated for a Best Supporting Actor Oscar for *Dreamgirls* in 2006.

He was said to have walked out of the show after losing to *Little Miss Sunshine* star Alan Arkin.

● METRO

► BUT He walked out of the show after Alan Arkin won for *Little Miss Sunshine*. Maybe he just wanted some ice cream?

Music in brief

No sex, drugs and rock 'n' roll

MUSIC. Winnipeg rocker Randy Bachman offers a lifetime of rock 'n' roll memories in his new book, which is full of such minute details as Little Richard's habit of toting a travelling makeup case or Johnny and the Hurricanes' fondness for Bachman's mother's homemade perogies.

But how does Bachman remember his past with such stunning clarity?

"I've never done any drugs, I've never drank, I've never smoked — so I think I remember the '60s like nobody else remembers them. And the '70s and the '80s," the affable rocker said.

THE CANADIAN PRESS

DiCaprio turns up the charm

- Leo gifts Blake Lively's dad at birthday party
- Rumoured couple are 'smitten' with each other

While Leonardo DiCaprio may have been filming in Australia during rumoured girlfriend Blake Lively's birthday — she celebrated with pals in New York — he was at least on hand last month for her father's big day in Los Angeles, where he reportedly gifted the senior Lively with an elaborate colouring book, according to Us Weekly.

"Blake's father loved it," a source says, adding that the alleged couple are getting pretty cosy.

"(They) are so smitten it's crazy. I bet they get engaged in the next six months," the source says.

• METRO



► Leonardo DiCaprio and Blake Lively are a hot item.

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Polley is preggers

Canadian actor-filmmaker Sarah Polley is pregnant.

A publicist for Polley's new film *Take This Waltz*, which debuts at the Toronto International Festival this weekend, says Polley is 3 1/2 months along but hasn't revealed the baby's sex yet.

She's expecting a child with David Sandomierski, whom she married two weeks ago north of Toronto.

A graduate of law school, Sandomierski has clerked with Supreme Court chief justice Beverley McLachlin and is now doing his PhD in law.

Polley directed and penned the screenplay for *Take This Waltz*, which stars Michelle Williams as Margot, a writer who is married to a cook (Seth Rogen) but attracted to her neighbour (Luke Kirby).

Sarah Silverman co-stars as Margot's sister in-law.

THE CANADIAN PRESS



► Sarah Polley



► Justin Timberlake and Jessica Biel were reportedly hitting it off again at a friend's wedding in Colorado.

Jessica, Justin back on again?

Justin Timberlake and Jessica Biel are fueling speculation that they're back on again.

The pair hit up a friend's wedding in Colorado over the weekend, and the possibly reunited

couple definitely seemed to be enjoying each other's company, according to People magazine.

"There was plenty of PDA, and they seemed happy," a source says.

• METRO

Celebrity tweets



"I don't know if I can do this show tomorrow I have eaten too much queso"



@katyperry

@JimCarrey

"ACCEPT the fact that people who correct spelling on twitter are a pain in the ass!"



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3
life

Kanye style

Where are you Yeezy?



The rumours about Kanye West's alleged stint as a designer changes by the day. He's making shoes! No. Clothes! He's making them with designer Louise Goldin! No. Design professor Louise Wilson (she denied it)! So?? METRO



Harper's Bazaar editor-in-chief
Glenda Bailey picks mag's
Greatest Hits for new book

Master tailor:
Antonio Azzuolo

The CFDA men's wear nominee cut his teeth designing for brands such as Hermès and Kenzo before landing the design director role at Ralph Lauren's Purple and Black Label. But the Montreal native's experience began much earlier — his dad was a master tailor. Now Azzuolo creates glamorous, luxe essentials for his own line, a.a.

Ladies man:
Guillaume Henry

When Henry took over French label Carven, his collection was so spot on that you would have thought he took his hip, arty girlfriends out for a round of drinks and then took their wardrobe complaints and wish lists to the atelier. His clothes are sweet and yet a little bit dark, chic and still slightly punky. It's no wonder girls like Alexa Chung can't get enough.



5

young names to
know in fashion
this month

 TINA CHADHA
@METRO.LU

METRO WORLD NEWS

Indie darling:
Suzanne Rae

Suzanne Pelaez, a Parsons grad, started out by working in New York's art gallery circuit. And you can see the influence in her flair for print and pattern. Her slightly experimental ready-to-wear pieces would look at home in any curator's closet (or that of any girl with a confident sense of personal style, really). Pelaez worked brief stints at Costume National and Morgane le Fay before quickly striking out on her own. Smart choice. We're writing about her, after all.

The romantics:
Creatures of
the Wind

Chicago-based designers Shane Gabier and Christopher Peters wooed editors and buyers alike at New York Fashion Week last season for being very, well, un-New York. Their romantic and quirky collection inspired by Nantucket and the sailors' widows featured Victorian silhouettes, lace and bright colours. It also landed them on the cover of WWD and a CFDA nomination this year. Well played, guys. Well played.

Futuristic femme:
Sally LaPointe

Dubbed as a one-to-watch by Elle and New York magazine, this Massachusetts native's signature style is a mix of both futuristic (think: big, bold shoulders) and feminine silhouettes (sexy, drapey dresses). Add some in-your-face colours, prints and fabrics and you have what might be the perfect wardrobe for show stoppers such as Beyoncé and Lady Gaga — the latter is already a loyal LaPointe customer.


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The day Karl came to town

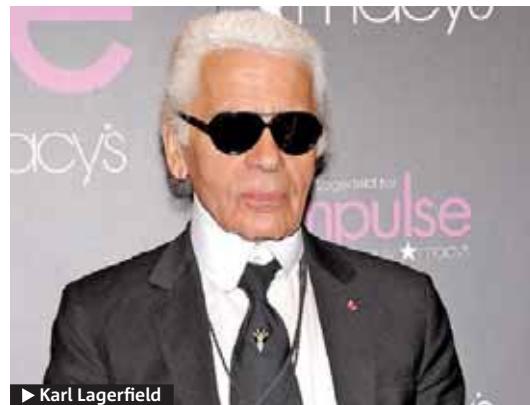
► The impossible-to-pin-down couture king meets with Metro to discuss his newest line ► p.s. The price is right!

 **KENYA HUNT**
LIFE@METRONEWS.CA

Outside, hurricane strength downpours threaten to ruin the start of fashion week and seven days' worth of carefully planned outfits by women all over the city. But within the dry and perfume-scented confines of America's most mass market department store, shoppers are aglow after the rarest of fashion sightings.

Karl Lagerfeld, the iconic creative director of Chanel — inside of Macy's.

"He just doesn't do personal appearances at department stores. I was the CEO of Neiman Marcus for six years and Karl was the hardest designer to attract. So for us to be able to attract him is very big," says



► Karl Lagerfeld

Terry J. Lundgren, Macy's CEO, who actually scored a double coup (Vogue editor Anna Wintour is in the house as well).

Lagerfeld came to town to launch his new affordable ready-to-wear collaboration with the chain, and

is all good humour when we sit down in an executive suite on the 13th floor.

It's been a few years since your H&M collection. What inspired you to do this new affordable line?

I like to do the opposite of

what people expect and do it well. Because in our times, the inexpensive, in a way, is more important in fashion than the very, very expensive. So the people who can buy the expensive can buy the inexpensive too. The people who can buy the inexpensive — because I never say cheap — maybe they cannot buy the expensive. But they can buy a lipstick or nail polish from Chanel. So even for Chanel, it's not a bad thing. The more my name is around, the better it is for everybody. I approach this more or less the same way that I approached H&M because, you know, I was the first one to do H&M. No one had done it before. So I do it kind of from instinct because I know life in a way — what people want to wear,

what they have, what they don't have. But I'm not a marketing person. So I don't ask myself too many questions. I listen to the instinct.

Do you think the lower priced category is becoming more important?

You know the inexpensive line is a dream I wanted to do for many years. Some people thought I should always play the same game. No. It is the time for inexpensive clothes that I design. I have the knowledge of the most expensive. But I think it's exciting, interesting and modern to do the inexpensive.

You balance so many projects, it's nearly impossible to count them all. And yet younger designers have buckled under

the stress of having more than one design job.

The young designer should forget about the word "young" because if you're only interesting because you are young, that may be a problem. Nobody has my past and my present. So people who are in my situation, they may think it's not right for them. But for me, I think it's right.



► Ponte Black Dress by Karl Lagerfeld for Macy's

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Three front-row rule breakers



MICKEY BOARDMAN

► About Paper magazine's columnist we've got four words: Look at this outfit. Enough said.



LYNN YAEGER

► She's got a writing style that is as distinct as her subversive Victorian doll look. We'd recognize that rosebud pout anywhere.



GRACE CODDINGTON

► The September Issue was ages ago, but we're still crushing on Coddington's trademark fiery mane.

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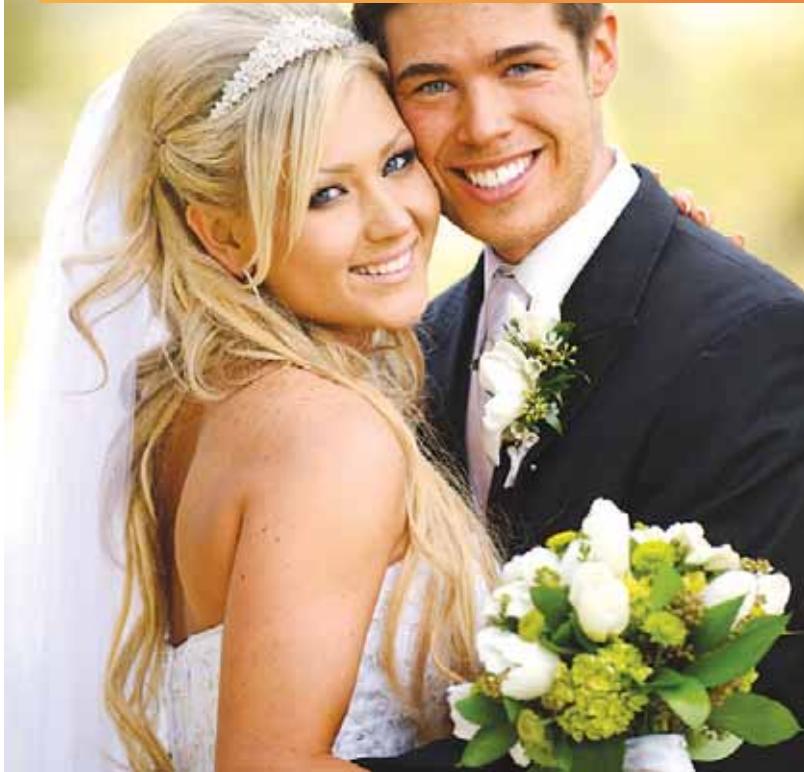
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Plenty of places to browse

Love is definitely in the air in Ottawa with a handful of wedding shows set for the coming months.

From cakes to caterers and everything in between, expect a line-up of bridal products and services this weekend at the Wedding Palace Bridal Show. The show runs from 11 a.m. to 5 p.m. Friday and Saturday at the Ottawa Convention Centre.

Tickets, for \$15, are available online at weddingpalace.ca. Tickets can also be purchased at the door or at Jubilee Fine Jewellers.

Show organizer Amanda Andrews is also planning a bigger show at the same venue for Jan. 7-8.

The Ottawa Wedding Show will be held at Lansdowne Park Oct. 22-23. Admission is free. The show will be offered again Jan. 28-29 at the Capital Exhibition Centre.

The Arnprior Bridal Show will be held Nov. 13 from 11 a.m. to 4 p.m. at the Nick Smith Centre.

• KELLY PUTTER

Dresses to impress on your big day

► Some fashion trends to look for ► Form-fitting is hot if you have the physique for it

 PAULINE ANDERSON FOR METRO

These days, engaged couples are planning their wedding well in advance. They are finalizing details — including the style of wedding dress, hair and makeup — now for an event that may not take place until next summer, even in 2013 or beyond. Here are some fashion trends to watch out for.

Elena Smirina, who designs made-to-order wedding dresses, (elleanoresignature.ca) has an eye on what's in demand on the fashion front for that special occasion. Here's her take on wedding dress trends:

► Form-fitting dresses. One hot trend is the mermaid dress that skims the body and really shows it off — great if you've got the physique for it.

► Dresses that convert to outfits suitable for a reception.

► Crisp white tones (Smirina calls this "diamond" white) for the wedding dress.

► Little extras such as embroidered or crocheted flowers, beads, or stones (pearls are very popular) sewn on the dress.

► A shorter hemline. Although Smirina hasn't yet seen much demand for this

style, her hunch is that it's just about to burst onto the scene.

► Patterned French lace. Lace is always a favourite of brides and it never goes out of fashion, says Smirina.

► Vintage 1920s dresses. Watch for art deco designs.

► Ostrich or other feathers sewn onto the dress, usually on a tulle fabric.

► An ethnic element. There's increasing demand for things like Ukrainian inspired embroidery on the bodice of the dress, says Smirina.

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Small is big when dining

Say hello to the canapé as the mini food craze becomes the next big culinary trend at weddings.

Known as a cocktail reception, this style of service features plenty of variety in little bites of flavour and visual appeal. The variety also extends to the ambiance created by this style since it's naturally more loose and lively than your old-school sit-down dinner.

A cocktail dinner typically includes a combination of stationary food displays such as a cheese or veggie tray, a chef's station where the beef is carved, plus hor d'oeuvres served to guests by wait staff.

"This is a lot different than sitting down at your table waiting for chicken," explains Tracey Black, the chef owner of Ottawa catering company Epicuria. "It's much more interactive and the guests are more relaxed."

At Bytown Catering, a cocktail service of 15 different canapés including hot and cold hor d'oeuvres, open-faced sandwich-



es and dessert items costs about \$23 per person.

"A lot of couples are focusing on what they want and not what their parents want," says Ottawa wedding planner Jillienne Currie-Payant.

"They want to buy a house or travel so the cocktail reception keeps your food cost down."

The food bar or station is still a popular choice — poutine bars, lobster bars,

strawberry bars — either as the main part of the meal or served later in the evening as a snack. The chip wagon is a perennial favourite as are gelato carts, cotton candy and cupcakes.

Greasy, after-bar food is also whetting appetites as are carnival-style food stands offering slushies, popcorn and hotdogs, says Toronto wedding planner Kim Choy. A client of hers



recently opted for McDonald's cheeseburgers for a late-night snack.

● KELLY PUTTER

PHOTOS COURTESY OF EPICURIA



Kick it up a notch with unique footwear

Brides in white silk or satin might be eternal footwear favourites but wedding toes are increasingly opting for pops of personality.

From hits of colour and bling to platforms, flip-flops and high tops, brides are head over heels about making a statement south of their wedding frocks.

"This generation is looking to make their wedding reflect themselves and be something nobody has seen before," says Ottawa wedding planner Lynn Lee. "That's where the shoe comes in."

A renewed interest in coloured wedding shoes

arose after the 2008 film *Sex In The City*, in which lead character Carrie Bradshaw donned a pair of cobalt blue Manolo Blahniks for her doomed trip down the aisle. Popular this season has been fuchsia, pink and purple.

Many of today's brides opt for two and sometimes three pairs of shoes for the big day, saving comfy flats or flip-flops for the photos or the reception.

"There's no typical bridal shoe anymore," says Christina Selin of McCaffrey Haute Couture in Ottawa. "In terms of bridal shoes, anything goes."

● KELLY PUTTER

Look well rested, radiant, happy when you walk down the aisle

"Trend is perhaps not the appropriate word to describe wedding day beauty," says Janine Falcon, founder and editor of the award-winning site Beau-tygeeks (imabeautygeeks.com).

"It's all about looking like your most beautiful self. Well rested, radiant,

happy, and definitely romantic."

That said, here are some trends and tips from Falcon and others for staying beautiful on your special day.

► Do your own makeup and hair. "There are so many great YouTube how-to videos and beauty apps

that clearly demonstrate how to do fresh, beautiful special-day looks," says Falcon.

► Don't overdo it. Less is more when it comes to makeup, says Falcon. "That heavy makeup style — think dark, contoured eyes, lots of blush and dark lipstick — fell out of

favour years ago."

► Leave the lips luscious but feminine. Use rich and warm colours like honeysuckle and stay away from dated frosted lips.

► Stick to what suits you. Don't try to do anything out of character, says Falcon.

► Whiten your teeth. A

sparkling mouth makes your complexion look brighter.

► Get enough sleep before the wedding. You don't want to have to wear tons of concealer, says Falcon.

► Get a hairstyle that suits the dress. Many brides will copy Kate Middleton. However, says Falcon, a wed-

ding hairstyle should suit the bride herself as well as her dress. "If an up-do makes the bride feel more glamorous, and her dress is glamorous, then she should have that up-do."

► Consider loose, romantic waves and relaxed curls, which are another hot look. ● PAULINE ANDERSON

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Exchanging 'I do's' in exotic locales



**PAULINE
ANDERSON**
FOR METRO

More and more Canadian couples are choosing Mexico as a wedding destination, and reports of crime there don't seem to deter them, says Roxana Sheriff of Aladdin Travel Agency Ltd. in Toronto.

Kristen Ma, co-owner of Pure+Simple in Toronto, and her fiancé, Ben Teague, are among them. They had dreamed of tying the knot in Belize next May, but when they priced it out, that plan was beyond their budget.

So they settled on Tulum, near Cancun. At approximately \$550 for airfare, it's about half the cost of flying to Belize. Their 30 friends and relatives will have lots of choices of airline carriers, plus it takes only three hours to fly to Cancun, and then only a short drive to the beach-front cabanas where



DIGITAL VISION/THINKSTOCK

The area prides itself in being Mexico's Caribbean vacationland and has plenty of resort towns and amazing beaches.

Another popular wedding destination is the Dominican Republic — including Porta Plata and Punta Cana, says Sheriff. And Jamaica hasn't lost its appeal for couples looking for an affordable getaway for a wedding, she adds.

The economy might have something to do with current choices of couples getting married. A decade ago, engaged duos would opt for more exotic islands that are further away and more costly, says Sheriff.

But Fiji in the South Pacific is still drawing couples who are in the market for a romantic and secluded spot to say "I do" and who have the means to do it. Fiji is well-known for its superb resorts, pristine sandy beaches, and coral reefs.

their guests will be staying.

An added bonus is that the wedding party has the flexibility of staying four nights or an entire week. Mexico has lots to offer tourists, including fishing, golf, diving, and, of course, the lively nightlife and shopping.

Ma's wedding promises to be an intimate and romantic affair, but for a larger wedding in Mexico, a favourite resort is the Rivera Maya, says Sheriff.

If you are keen on getting married in Europe, one of the most popular places is Italy, a country rich in romance. Its charm drew celebrities Tom Cruise and Katie Holmes, who married in a town not far from Rome.

Planning

When planning a wedding abroad, remember:

- You may need a certificate, issued by your province or territory, which states

there are no legal impediments to your marriage. You should obtain the certificate in Canada before you depart.

- Marriages that are legally performed abroad are usually valid in Canada.

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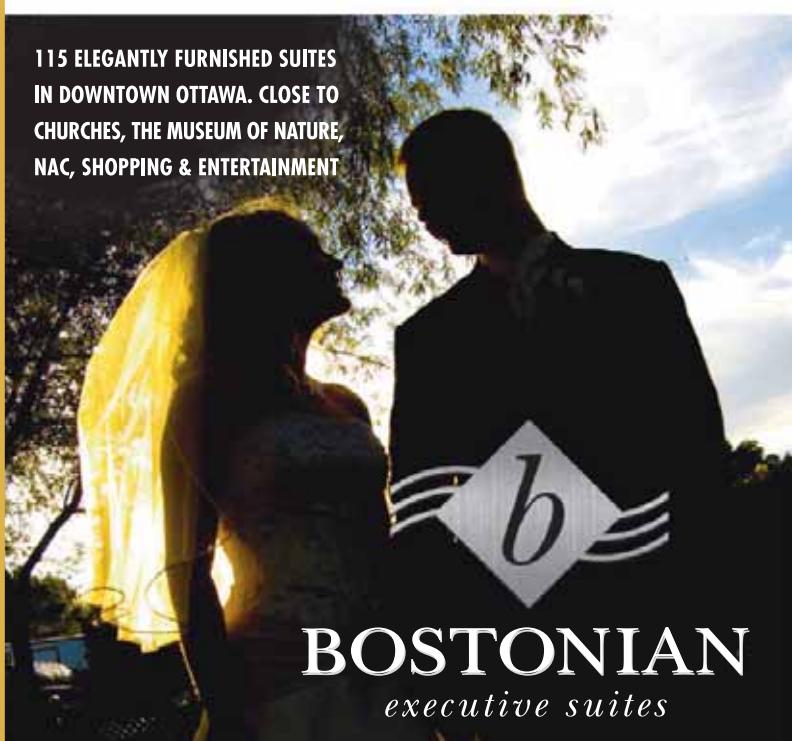
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Making a grand entrance

► A Metro reader gets advice about decorating a long, narrow hallway



DESIGN CENTRE

KARL LOHNEs
HOME@METRONEWS.CA

Q. I've moved into a new condo that has a very long and narrow entrance. There is a plain coat closet door, three ceiling lights and dark wood floors. I like warm colours and have a contemporary style. Any suggestions?

K. MacDonald, Toronto

WALLS

Paint the shorter (left-side) wall a punchy accent colour. Wrap this colour around the corner on the return wall and introduce it into the main living space.

Paint the plain door and its frame the same punchy colour to blend it away.

The long wall (on right) and its return should be a warm neutral colour that continues into the entire space. My favourite new accent colour is a brick colour called Fiery Opal from Benjamin Moore Paints. As a warm neutral, try Lighthouse, also by Benjamin Moore for the main walls throughout.

FURNITURE

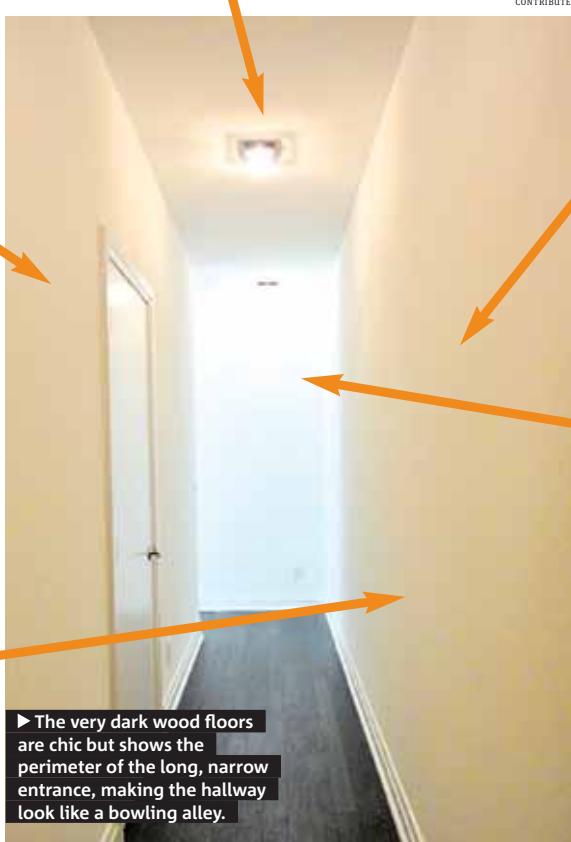
Since the hallway is so narrow, I suggest a small pedestal table or chair in the corner and a slim table in front of the middle wall-hung mirror. Make sure the table is less than 12-inches deep in order to create good flow. The Echelon console (\$599) from Crate and Barrel has a hand-made, artisan look and is only eight inches deep — perfect for small foyers and hallways.

► Benjamin Moore's Fiery Opal

► Benjamin Moore lighthouse



► Echelon Console



► The very dark wood floors are chic but shows the perimeter of the long, narrow entrance, making the hallway look like a bowling alley.

LIGHTING

Invest in three matching pendant lights; they will add more light to the hallway space and have more presence than the small ceiling lights. Semi-flushmount fixtures drop slightly into the space and help stop the eye every so often. This tricks the eye that the hallway is divided into sections and therefore shorter. The Middlebury pendant from Hudson Valley Lighting (\$900) gives the illusion of a modern art deco light fixture that would have welcomed guests in a hotel lobby for years.



► Hudson Valley Middlebury



► Home Depot's Beverly Leaner mirror

MIRRORS

Hang three floor standing mirrors on the long wall; spaced about 16 inches apart with the middle mirror being opposite to the closet door.

This will help visually widen the hallway, especially in the middle where it feels narrowest and tight.

I like the Beverly Leaner Mirror (\$110) from Home Depot; its mirror-on-mirror frame helps to reflect many angles in the hallway.

Hang the mirrors rather than leaning on the floor. Raising the mirrors higher will make the hallway feel lofty in height and not crowd the floor space.

ART WORKS

Place one punchy piece of art at the end of the hallway to create a destination point for the eye.

Large, colourful and modern art will help set the tone for a contemporary yet welcoming entrance.

The Glyph print from West Elm (\$135) is colourful and plays up on the paint and carpet colours suggested.



► West Elm Glyph

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Get rid of grime and save a dime

► Refacing instead of replacing your cabinets saves money when remodelling your kitchen

The kitchen in Abe Abuchowski's Califon, N.J., home needed updating, but he didn't want the expense of replacing the cabinets. So he chose a less costly option.

"The old cabinets were in really good shape," he said. "They were high-quality cabinets, solid wood. It was the doors that really needed to be replaced."

Replacing the doors and covering the cabinets' remaining exposed parts with a matching veneer can be done for about half the cost of buying new, said Kit Selzer, senior remodelling and projects editor at Better Homes and Gardens. The process is called refacing.

Abuchowski said there's another advantage



► Abe Abuchowski's kitchen in Califon, N.J., before the cabinets were refaced.

to refacing. "There's a minimum amount of disruption," he said.

"It's a simpler and quicker installation," agreed Brett Bacho, president of Kitchen Magic, the company that did Abuchowski's kitchen.

Bacho said that refacing cabinets typically can be completed in three to five days.

For refacing to be a viable option, however, the cabinets must be in good shape.

"If we had bad cabinets, just putting the new fronts on them wasn't actually where we wanted to go," said Claudia Phelps, who had the cabinets in her Washington, D.C., home refaced about 10 years ago. She said her cabinets were "very well built" and worth saving.

Refacing also might not be a good choice if you want to do major changes to your kitchen's layout.

"You do nothing to improve the function or the

convenience of the kitchen," said David Alderman, owner of Dave's Cabinets in Chesapeake, Va. Nor, he noted, does refacing increase storage.

It is possible, however, to add cabinets that match the refaced ones. Both Abuchowski and Phelps did that.

Many people also choose to replace their countertops at the same time the cabinets are refaced. That, obviously, adds to the cost.

Cabinet companies say it's impossible to estimate the cost of refacing cabinets without seeing the kitchen and talking to the homeowner about the job.

"We've refaced kitchens for as little as \$4,000 to \$5,000, and for as much as \$80,000," Bacho said.

Doors can be made of a variety of woods, for example, such as cherry, oak or maple, or of an engineered material like



► What a difference a little refacing makes.

laminate, including some that look like wood.

Abuchowski chose a laminate. "It's very easily cleaned and it will stay looking newer longer," he said.

In refacing, the cabinet doors are removed, and the sides and exterior face of the cabinet are prepared for the veneer covering.

After that covering is measured and applied, the new doors — made to fit the existing cabinets — are installed.

Some companies replace the full drawers, others just the front. But the inside of the cabinet usually is not changed during the refacing

process. "You could definitely paint the inside to go along with the outside," Selzer said. She advises going with a professional unless you're a very skilled do-it-yourselfer.

For those who want to try it themselves, there are how-to videos on YouTube or step-by-step instructions on the web. Otherwise, many companies do refacing, from big ones like Sears to smaller ones like the one Alderman owns.

Of course, there is an even cheaper way to give the cabinets a fresh look. "Virtually any cabinet can be painted," Selzer said. "It just takes the

right product to do it."

She said there are kits on the market that provide the materials you need, from preparation to stain to glaze, along with step-by-step instructions.

"Really what you want to do is be patient with it and give yourself time," she said. That means giving each coat enough time to dry.

When people paint cabinets, Selzer said, they are likely to choose white. "For new cabinetry," she said, "people are looking for the wood look."

A good reason to paint, she said, is for the enjoyment of a fresh-looking kitchen.

THE ASSOCIATED PRESS

"Just a few years ago people were buying houses with rundown kitchens knowing they were going to replace them. Now there's a little more conservative attitude about it. People look for a kitchen and a house that has move-in qualities."

KIT SELZER, SENIOR REMODELLING AND PROJECTS EDITOR AT BETTER HOMES AND GARDENS

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Get your trees winter-ready

► Fall is an excellent time to give your trees a good once over before the winter storm season begins

It's a rite of fall — green leaves turn red and gold and then fall as trees prepare themselves for winter. It's an excellent time to give your trees a good once-over.

Are there dead branches or limbs, or large areas of fungus? Is the tree leaning? Are the roots well-grounded? A local arborist can determine whether there are problems that require immediate action.

Dead branches — or the entire tree — can come down in a storm. Be proactive, arborists say. "It's a lot cheaper to have the limb cut off than to fix your roof," said Jonathan Hammond, owner of Alpine Tree and Shrub Care in Denver. And it's not just the dead limbs.

"Pruning your tree can make it better able to withstand the extra weight of ice and snow," the Tree Care Industry Association says on its website Treecaretips.org.

"Branches can be thinned to reduce their surface area and wind resistance."

The U.S. Forest Service has a guide for pruning trees, including dos and don'ts and when trees should be pruned.

But heights and chain saws can be a dangerous combination for amateurs. Sharon Lilly, director of education for the Interna-



al Society of Arboriculture, said people should call a certified arborist for pruning large trees.

"Homeowners can do the smaller and lower stuff themselves," she said.

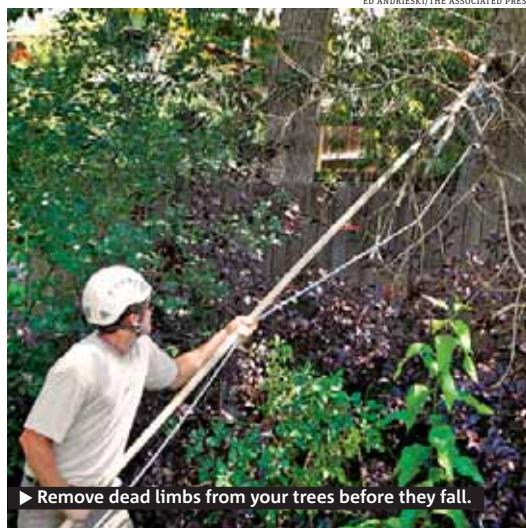
There are other things that can be done to help trees withstand harsh winters.

Give them a "good, long, slow drink," Lilly said. All trees should get that fall watering, but especially young ones planted in the last three years, and evergreens. "You might even do that more than once going into the winter months," she said.

A layer of organic mulch around the tree can help maintain moisture.

The mulch also insulates and protects the upper roots, said Tchukki Andersen, staff arborist at the Tree Care Industry Association. And, it will help replenish nutrients in the soil.

Think of it as an "early spring snack" for the trees



► Remove dead limbs from your trees before they fall.

when the area warms up, she said.

Arborists caution against placing mulch right up against the tree trunk. Think of shaping it like a saucer instead of a cone, said Vermont master gardener Ann Sherman: The mulched area should be as wide as possible to cover the underground roots but no deeper than five to 10 centimetres.

"The bigger the mulch area, the better the benefit," Lilly said.

For branches that have a weak union, or crotch, cabling is sometimes recommended.

Lilly said that should be done by a professional because there are "a lot of ways to do more harm than good."

A professional also can give you guidance on stak-

ing a tree to support it, Andersen said.

In areas where it snows a lot, small, fragile trees can be protected with a support teepee, essentially a tripod of plywood to prevent the snow from accumulating, she said. Also, some smaller trees can be winterized by temporarily tying some of the branches together.

"It's almost an engineering exercise, looking at your trees and what the potential loads are going to be and how the tree is going to respond," she said.

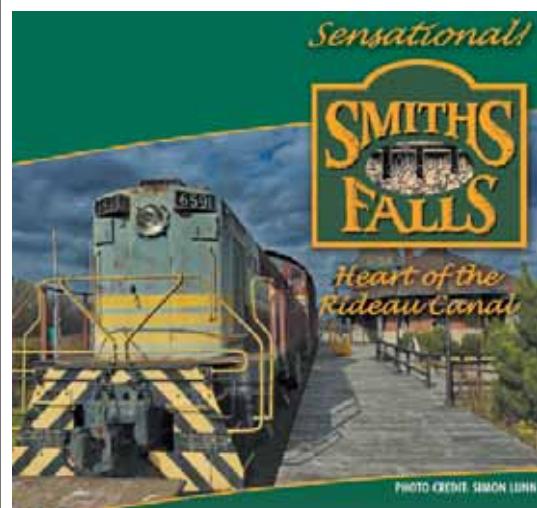
Hammond said that load can be heaviest during early season snowstorms, when trees still have their leaves. The leaves act like a net to catch the snow.

"If we get an early October snow, it can be really devastating to the trees," he said. **THE ASSOCIATED PRESS**

A reason to rake

Once the leaves fall, clean up your yard, says Vermont master gardener Ann Sherman.

► If the tree was infected with a fungus, the spores can survive the winter and reinfect the tree in the spring.



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► Remodelling your home doesn't have to be a pipe dream ► Try these innovative solutions

DIY IDEAS

When remodelling or renovating in your home, it

can be easy to lose track of your budget or get carried away in making many changes.

Use these simple tips from DIY Network's Mon-

ey Hunters, hosted by Matt Blashaw and Deanne Bell, to ensure your reno costs don't get out of control.

These hosts work with homeowners to deliver the

best renovations money can buy.

Using innovative solutions, smart shopping options and tricks of the trade, makeovers are com-

pleted that homeowners never thought possible.

Repurpose your kitchen cabinets and countertops. Use existing cabinets but upgrade them by adding new doors, a fresh coat of paint or even new hardware.

A new backsplash can make countertops look stylish and coordinated — try using beadboard rather than pricey ceramic.

Get and check references. If you are doing a large renovation, hiring a reputable contractor is crucial.

Get recommendations and check out his or her past work.

Ensure they are licensed, bonded and insured.

This may cost you more at the start-up, but will save you money in the long-run.

Donate your old materials like cabinets, mirrors, countertops or flooring to avoid disposal fees and in some cases even get a tax break.

Similarly, you can shop at used stores to find great deals on new-to-you items.

Look for floor models of appliances. All you will be missing is the box.

Some retailers may even be willing to extend the warranty in order to unload the item from the store. The best time to do this is early fall just as the new models are arriving.

Go directly to wholesalers. Cutting out a middle-man will always save you money, and some wholesalers even offer free design services.

Invest in permanence. The money you spend on architecture and design is going to last a long time.

Keep in mind that you can always upgrade to finer appliances, furniture or accent pieces, so be sure to invest most of your time and money in the permanent choices for your home.

MONEY HUNTERS AIRS WEDNESDAYS AT 10 P.M. ET/PT ON DIY NETWORK CANADA.

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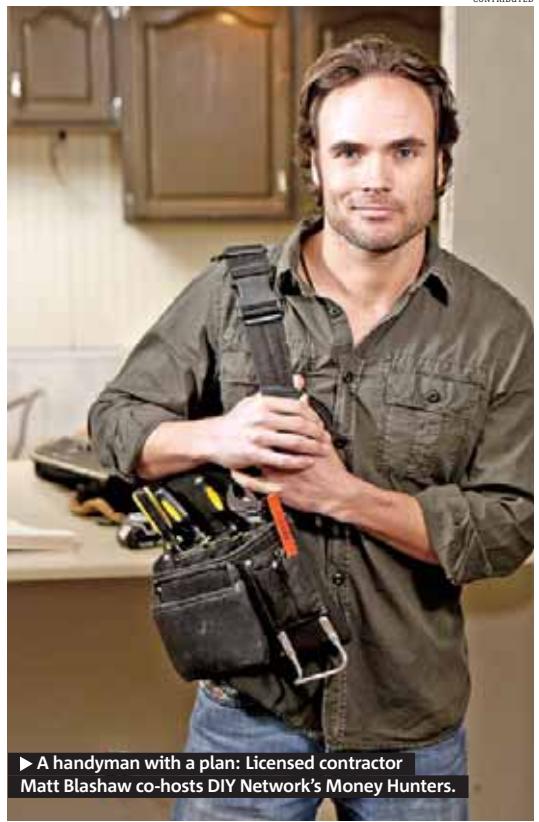
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Take a tour of Italy

► Sandwiches, salads and pastas take on distinctly Italian flavours

Back-to-school time is made for recipes as short, simple, speedy and satisfying as this Whole Egg Pasta Carbonara.

Requiring no more than just seven ingredients, this delicious take on pasta carbonara will have you in and out of the kitchen in under 20 minutes.

Whole Egg Pasta Carbonara

Preparation:

1 Bring a large saucepan of salted water to a boil. Add pasta and cook according to package directions. Reserve 50 ml (1/4 cup) of the cooking water, then drain pasta.

2 Leave pasta in colander to drain. Return saucepan to heat. Add



► This recipe serves four.

pancetta and cook until just crisp, about 5 minutes. Add pasta, then toss well. Cover and set aside.

3 In a large skillet over low heat, melt butter. Keeping them separate,

crack eggs into skillet and cook sunny side up until whites are set and yolks are still runny, about 5 minutes. Remove skillet from heat. Season eggs with salt and pepper.

Ingredients:

- 1 pkg (340 g/12 oz) fresh linguine
- 250 g (8 oz) finely chopped pancetta
- 30 ml (2 tbsp) butter
- 4 eggs
- Salt and black pepper
- 375 ml (1 1/2 cups) grated Parmesan cheese, divided

4 Add 250 ml (1 cup) of the cheese to pasta and toss to melt. While tossing, drizzle in enough of the reserved cooking water to help cheese coat pasta. Arrange pasta on 4 serving plates, then top each mound with an egg. Sprinkle each serving with a bit more cheese. If desired, use a fork to break each yolk before serving.

THE ASSOCIATED PRESS

Grilled Italian Sandwich



Ingredients:

- 125 g (4 oz) very thin turkey or veal scaloppine
- 10 ml (2 tsp) olive oil
- 1 ml (1/4 tsp) each dried basil and oregano leaves
- Pinch each salt and black pepper
- 1 round sourdough or Italian loaf, about 18 cm (7 inches) across
- 30 ml (2 tbsp) black olive paste (tapenade)
- 1 red pepper, cored and cut into 4 wide strips
- 1 tomato, thinly sliced
- Half a 130-g pkg goat cheese, crumbled
- 1 pear, thinly sliced
- 250 ml (1 cup) lettuce

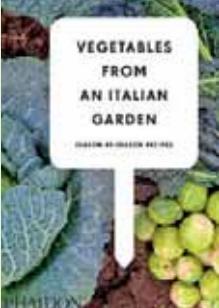
Preparation:

1 If turkey isn't thin, pound to make thin. In bowl, stir oil, basil, oregano, salt and pepper; brush over both sides of turkey and inside pepper pieces. Place on greased grill over medium-high heat; grill until turkey no longer pink inside and pepper begins to soften, 4 to 5 minutes. Remove from heat.

2 Slice loaf in half to form top and bottom. Using fingers, hollow out bread. Spread olive

paste over inside of both halves. Place pepper on bottom half. Layer with turkey, tomato, goat cheese, pear, lettuce. Finish with top of bread. Cut into 4. THE CANADIAN PRESS/FOODLAND ONTARIO

Weekly Cookbook



Vegetables from an Italian Garden (Phaidon Press, 2011) features 400 newly collected recipes by the editors behind the classic Italian cooking bible The Silver Spoon.

Showcasing more than 40 kinds of vegetables, the book is organized by season in four colour-coded sections. Each season includes approximately 100 recipes that are further organized by main vegetable ingredient.

Two-thirds of the recipes are vegetarian, and the remaining third feature beef, chicken, pork or fish as co-stars.

Tuscan Bread and Tomato Salad

The basic building block for a great salad? Greens, of course. But for James Peterson, what that means varies greatly by season.

"In winter, I use bitter greens, including frisee, radicchio di Cremona, and endive, and a spicy mix of basil leaves and baby radicchio in summer," said Peterson, whose cookbooks have won numerous James Beard awards.

Peterson offers his version on the classic Italian bread and tomato salad from his cookbook,

Kitchen Simple.

Preparation:

1 In skillet over medium heat, toss bread with 45 ml (3 tbsp) of the oil. Sauté until brown.

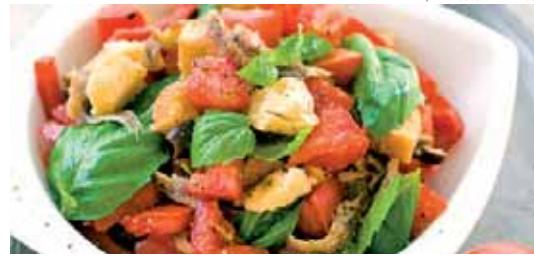
2 Cut tomatoes in half crosswise and squeeze out seeds. Chop tomatoes into 1-cm (1/2-inch) chunks and put in bowl. Add bread, remaining 45 ml (3 tbsp) oil, bell pepper, basil, anchovies, olives and vinegar. Toss to combine. Season with salt and pepper. Serve.

THE ASSOCIATED PRESS/
KITCHEN SIMPLE

Ingredients:

- 3 slices (each 1 cm/1/2 inch thick) crusty bread, cut into 1-cm (1/2-inch) cubes
- 90 ml (6 tbsp) extra-virgin olive oil, divided
- 4 medium tomatoes
- 1 medium red or green bell pepper, roasted, peeled,
- Salt and black pepper

MATTHEW MEAD/ THE ASSOCIATED PRESS



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SPECIAL INFORMATION FEATURE

A welcome House guest

► Beau's All Natural Dunkel Buck pays homage to John Candy character



Hills Beau's All Natural Brewing latest seasonal Dunkel Buck.

The kids are back in school, the air is a little more crisp and it's getting dark way too early for my liking.

The seasons have changed and, with it, so to are the beers we are drinking.

Last week, the LCBO released exclusive and unique offerings from four Ontario craft brewers to mark the occasion — Flying Monkey's high test Supercollider, Grand River Brewing's rebellious Pugnacious Pale Ale, Great Lakes Brewing's hoppy Miami Weiss, and Vankleek

No. 10 in the innovative Wild Oats Series, Dunkel Buck is a playful spin on the traditional German Dunkel Weizenbock. Dunkel is the German word for "dark" and weizenbock refers to a strong beer made with wheat and, at 6.8 per cent alcohol by volume (ABV), this definitely fits the bill.

A healthy nose of bananas and spicy yeast jumps out during an energetic pour that shows off the cloudy, walnut coloured beer with a frothy cream head. While the banana and cloves you smell are up front in the

Oktoberfest

► One of the Ottawa areas coolest beer events — Beau's third annual Oktoberfest runs Sept. 30 to Oct. 2. Tickets are available online at beaus.ca/oktoberfest.

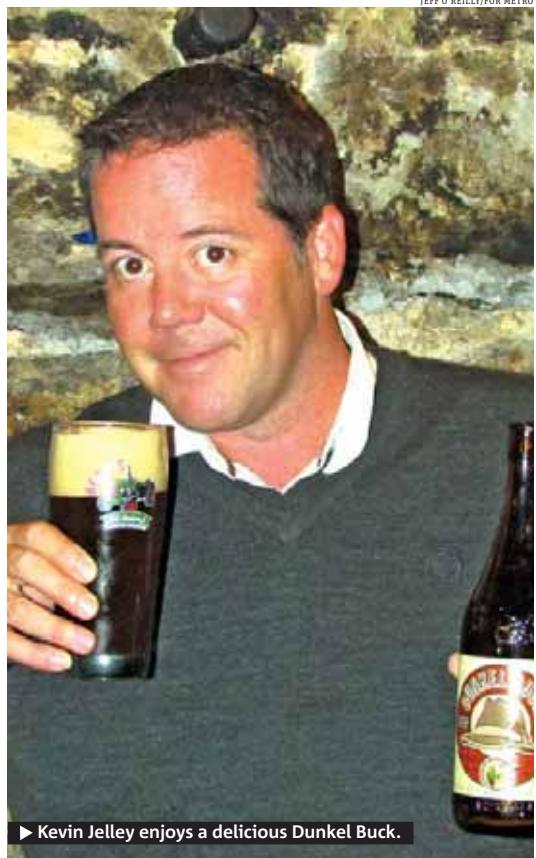
taste — deep rich chocolate, caramel and roast coffee flavours abound with a super smooth wheat beer mouth feel that has a soft, fizzy, yeast tingle and slightly sour bite at the end.

This is definitely a beer you could drink all day. I recommend pulling it out of the fridge an hour or so before serving so that you

can taste all the great things going on here.

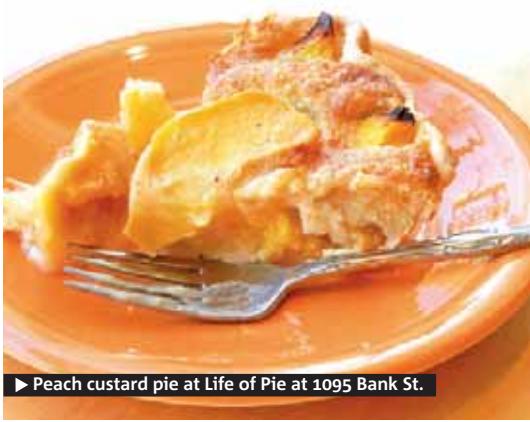
Just like John Candy's character in the 1989 John Hughes classic movie Uncle Buck, which the beer lovingly pays homage to, Beau's continues to give us huge eye-opening servings of the unexpected. Man, those massive flapjacks would be amazing if this beer was part of the mix. I see a ridiculously giant breakfast in my near future.

Beau's Dunkel Buck (6.8 per cent ABV) is available in 600 ml bottles at the LCBO for \$7.85 until supplies last, or Oct. 8 ... but I would rush out now as I predict it will all be gone long before then.



► Kevin Jolley enjoys a delicious Dunkel Buck.

SAMANTHA EVERTS/FOR METRO



► Peach custard pie at Life of Pie at 1095 Bank St.

Life of Pie offers countless tastes



SAMANTHA
EVERTS
FOR METRO

Don't expect to find four and 20 blackbirds in these pies. Instead, follow the warm wafts of cinnamon and pastry baking into owner Kerry Duff's Life of Pie on Bank and Sunnyside Street.

Recently voted "Best Bakery in Ottawa" by CTV Ottawa we weren't surprised to see a line at lunchtime. On top of tradi-

tional pies, soups like roasted sweet potato and sweet red pepper and cream cheese quiche were being served up for a quick bite.

With berry fruit scones, rich butter tarts and Kitchissippi ginger and lemon cupcakes on offer it's amazing what can be filled into that homemade pastry.

What's cool about Life of Pie is you can say that you actually baked the pie;

plenty are available in store to be baked from your home, saving you time from wielding that rolling pin.

Plus, bragging about "baking" lemon elderberry or mango brown sugar vanilla pie is worth a small fib when it's this delicious. Every day there is a fruit crisp like plum raspberry, all using locally sourced ingredients as much as possible, including their meat pies. One dessert pie

a day is available for single slices.

The Savory Pies include Curried Chicken, Chicken Pot Pie, Beef Stroganoff Pie, Fireside Beef Pie, Tuscan Pork Pie, Chipotle & Beau's Pulled Berkshire Pork Pie, Mediterranean Lamb Pie, and traditional French Tortiere, but vary by day. After all, "Anytime is a good time for pie."

For more, see lifeofpie.ca. Life of Pie is located at 1095 Bank St.

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Chicken Cacciatore with Rice

Ingredients:

- 1 cup long-grain white rice, uncooked
- 2 tbsp vegetable oil
- 1 cup onion, diced
- 2 cups mushrooms, sliced
- 2 cups zucchini, cut diagonally into $\frac{1}{4}$ -inch ($\frac{1}{2}$ cm) slices

- 1 lb chicken breasts, boneless and skinless, cut into 1-inch (2 cm) pieces
- 1 can Hunt's Chunky Tomatoes, green pepper, celery and onion, undrained
- $\frac{1}{4}$ cup Hunt's Tomato Paste
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp ground black pepper

Preparation:

- 1 Cook rice according to package directions. Heat oil in large skillet over medium-high heat while preparing rice. Add onion, mushroom and zucchini; cook three to five minutes, or until vegetables are crisp-tender, stirring occasionally. Add chicken; cook five to
- 2 Add diced tomatoes with their liquid, the tomato paste, salt and pepper; stir. Cook for 10 minutes over low heat, stirring occasionally. Serve over the rice.

seven minutes, or until chicken pieces are no longer pink inside, stirring occasionally.

2 Add diced tomatoes with their liquid, the tomato paste, salt and pepper; stir. Cook for 10 minutes over low heat, stirring occasionally. Serve over the rice.

NEWS CANADA



► Louis D'Or cheese from Fromagerie du Presbytère.

Louis D'Or reigns supreme

CURD ON THE STREET



The secret to exceptional cheesemaking is happy, healthy, animals, according to Jean Morin, owner of Fromagerie du Presbytère in Sainte-Elizabeth-de-Warwick.

This week's cheese pick, Louis D'Or, lets the secret out. The raw organic milk comes from neighbouring Louis D'Or Farm.

Louis D'Or is making headlines as a four-time winner at the 2011 Canadian Cheese Grand Prix for farmstead, organic, firm and overall competition grand champion and third-place award for Best In Show at the 2011 American Cheese Society Conference.

Made in monster-sized

40-kilogram wheels, this washed-rind cow's milk cheese is cooked, pressed and aged for nine to 24 months. Resulting is a smooth, rich-textured paste encased in an antique gold-coloured rind. Aromas range from butter to onion and ripe pineapple. A complex mix of sweet, salty, and dominant nutty, fruity flavours finish with a tingle that lingers thanks to raw milk.

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cent regionally-sourced food. Restaurants like Zen Kitchen, Oz Kafe and Allium have signed up.

This event gives people the opportunity to experience farm-to-table food in a fun community environment. Live entertainment and free admission to the museum is included.

Attendees will be given an organic tote bag to fill with their organic shopping needs. Along with vegetables, cheeses and meats will be showcased with thoughtfully paired wine.

Taste the bounty of their season's harvest and understand why it's important to support organic products.

The event is a fundraiser for the Growing Up Organic Farmer Outreach program. Children younger than 12 get in free, and kids take note — there will be a dessert tent. Regular tickets are \$70.

For more information, see feastoffields.ca.

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- Choose from various theme plates



Considering the Royal Chinese Arch is the main view of the restaurant, you would expect Sushi 88 to be crawling with tourists. Instead, locals hit up this is gem of a sushi joint for its fresh and affordable Japanese sushi in a playfully modern yet relaxed space perfect for dates or gatherings of friends.

Start with the crispy but light shrimp tempura or opt for veggies with a gingery dipping sauce. Live a little and order some hot sake to share with you and your date. There are a variety of green teas for a non-alcoholic option.

For mains, highly recommended are sushi combos, some with cute names like "Double O Sushi" and "Le Rock Star," the last of which consists of beautifully presented salmon, tuna, delectably roasted eel, and cooked shrimp California rolls.

Modern twist

► Fun and affordable sushi in the heart of Chinatown gets a modern twist with Sushi 88's thoughtful presentation and fresh fish. Located at 690 Somerset St. W.

Show off your chopstick skills as you select from soft shell crab sashimi deep fried in crispy tempura batter wrapped with caviar and avocado.

For those who like their sushi cooked, there is a wide selection from the standard raw options like cuttlefish and spicy tobiko. If you are unsure, the excellent servers are friendly and accommodating.

Vegetarians will be spoiled here with two themed plates, "Farmers Pick" and "Veggie Delite."

Just like the other specials you will get either miso soup or green salad, but enjoy the Red Pepper's Kiss roll or Japanese pickled melon rolls.

metro

metronews.ca
THURSDAY, SEPTEMBER 8, 2011

BACK TO SCHOOL



Establish good homework habits

► **Independent work and learning are important assets** ► **It's a form of self-organization and self-discipline**

 **ASTRID VAN DEN BROEK**
FOR METRO

This year, you will do it right. This year, they will do their homework without question. Or begging. Or threatening.

But how exactly can we encourage our kids to tackle their homework and set good homework habits?

First, realize why homework is part of your child's life. It's not always about just keeping up on

the topics of study at school.

"Independent work and learning are important assets for people to develop, whether it's in academic institutions or workplaces. It's a form of self-organization and self-discipline and it's something that requires development," says Alyson Schafer, a Toronto-based psychotherapist and author of *Ain't Misbehavin'*.

"So, if we can help them develop better homework

habits, they're going to be ultimately more desirable in the workplace."

To help start this year's homework habits off right, begin by showing enthusiasm for their school work and developing a positive attitude about education.

"Sometimes, as parents we have to put our own baggage about school away because you want your child to have a positive relationship with school," says Pat Stellick, the Mis-

sissauga-based co-ordinating elementary school principal for the Peel District School Board.

Start by asking about their day — what was exciting for you? What was the high point of your day? "That extends learning," says Stellick. "Homework also makes that connection between home and school and it helps parents understand what's going on in class during the day."

Schafer shares her tips

on positively encouraging your child to do school-work.

1 Be in touch with the school. Through parent-teacher nights and any other opportunities that arise. That way you can keep on top of what's going on in your child's classroom.

2 Coach instead of dictate. "Different kids have different learning styles and they have different ways of being success-

ful with their workload," says Schafer. Help them find out how they learn best — when are they successful? What do they need to stay organized?

3 Empower them. Help your child figure out solutions on when is best for them to do their homework. (Right after school or after supper for example?) "Keep the responsibility of finding the solution with your child," says Schafer.

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metro back to school

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THURSDAY, SEPTEMBER 8, 2011

Tips for after-school success

JANE
DOUCET
FOR METRO

Soon after Judy Arnall's third son started playing soccer at age six, he wanted to stop. Arnall had assumed that because his older brothers had wanted to play, he would, too. She was wrong, but she didn't let him quit. Instead, Arnall attended every game and practice with him until the season ended.

"We were both miserable," says Arnall, a Calgary-based parenting expert whose most recent book is *The Last Word On Parenting Advice*.

"I learned that even if you want to expose your child to new experiences that will develop their talents, it has to be something they're interested in."

Arnall offers the following tips on what to consider when choosing an after-school activity:

Get your child to buy in. "Ask what they want to do," says Arnall. If you push them into an activity they don't like, it will cause resentment and power struggles. "I tell parents, if you want your child in hockey because you like hockey, you should be the one registering to play for a team."

Consider cost. If your daughter refuses to prac-



► Taking part in extracurricular activities offers many benefits to students.

tise the piano anymore, you have to ask yourself how much money you are willing to sacrifice on the remaining lessons if you let her quit midway through the term. "It's a good idea to ask about re-

fund policies before you commit," says Arnall. "Although very few programs offer full or even partial refunds."

Implement the "begging rule." If Arnall's children

Life lessons

► Taking part in extracurricular activities offers many benefits to students. From learning team-building skills to gaining self-esteem, there are few downsides

when young people take part in after-school sports, bands, teams or clubs. Kids will learn how to manage their time and the value of making long-term commitments, among other important life lessons.

really want to sign up for sports or music lessons, they have to ask for them — more than once, over a period of several weeks. "Then I know it's not just a passing fancy and they're really interested," she says.

Have your child contribute. Some money toward the extracurricular activity, that is. "Using some of their allowance or birthday money to help pay for their lessons will help give them a sense of ownership," says Arnall.

Ease into the new academic year schedule

**"After a summer of high entertainment
... kids are now back in this environment
with suddenly stressed parents..."**

ALYSON SCHAFER, PSYCHOTHERAPIST

Your summer was packed with late night soccer games and cottage weekends. But then, come the start of September, your family is up at 7 a.m. every day in order to (just barely) make it to school on time.

How can you get used to this schedule again? Fortunately, time is on your side.

"Parents have to adjust their expectations because it takes pretty much up until the Christmas break to settle into the school year from a behavioural point of view," says Alyson Schafer, a Toronto-based psychotherapist and author of *Ain't Misbehavin'*.

To ease into the "academic new year," start by cooling yourself off first.

"After a summer of high entertainment and leisurely schedules, kids are now back in this environment with suddenly stressed parents who are trying to do it all," says Schafer. "Kids think: Mom and dad were so happy and jovial and now they're yelling at me to get out because we're going to be late."

That mood change can trickle down to the kids and trigger misbehaviours such as dawdling and sleep

disturbances. And for your children, depending on their age, pitch in to help ease anxiety. And if you haven't already, start backing up those bedtimes — and wake-up times — so they can get to class on time.

TIPS TO EASE INTO THE SCHOOL YEAR

1 Take the week off. If you can. This lightens your schedule so you can focus on getting your kids

back into school mode. Can't do it? At least avoid non-family commitments such as dinner parties this school week.

2 Give yourself a buffer. Transitions take time, notes Schafer. So build time buffers into your schedule to avoid being stressed over scheduling.

3 Take September to train your kids. Want them to put their backpacks away after school? Empty lunch containers into the kitchen sink? "You have to train them in the first few weeks of September. It's an upfront-loaded way of parenting but you will get that parenting time back later," says Schafer.

ASTRID VAN DEN BROEK

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Distraction

... or functional tool?

Parents and teachers are having to deal with students texting, using cellphones in school

Danny Faria allowed his daughter to have a mobile phone at the tender age of 10. He knew she was mature enough to walk to school on her own, but felt he would be more at ease if she called home once at her destination.

Many parents and teachers who grew up without electronic devices at their disposal are having to deal with tech-savvy kids who want the latest gadgets for school.

Faria, a Toronto-based communications consultant, and his wife were strict about the phone being used only as a necessity. They disabled the

texting function and reminded their daughter, Emily, that the phone was to be turned off during school hours.

The rules were working well for everyone until this past August, when 11-year-old Emily's pal upgraded her mobile phone. The friend gave her old phone — one with a slide-out keyboard for texting — to Emily.

Faria then had to deal with the inevitable: "How come I can't text?"

Jesse Hirsh, a technology analyst in Toronto, says kids are taking their tech cues from adults. They see their parents and other

people continually talking or texting and, as a result, "kids have internalized the ADD (attention deficit disorder) of society."

Kids have dozens of different things competing for their attention, Hirsh says, and they can be fickle as to whom, when and where they give it. This can be a problem when it comes to school curriculum and teaching.

Students today don't have any lag time between wanting to know and then discovering the information. With cellphones, Hirsh says, "they have the fantastic in their pocket."

Some teachers don't



agree. "The pocket isn't fantastic," says Domenico Capilongo, a high-school teacher in Thornhill.

"They aren't searching for knowledge when they pull out their phone. They are texting about each other."

The real issue is how to keep (cellphones) from turning into a distraction.

It's hard to compete with a text from a boyfriend."

Distractions caused by cellphones used outside the classroom or home can also potentially prove to be a safety hazard, a new Canadian poll suggests — risks that are not always

front of mind for parents. A Safe Kids Canada/FedEx Express Canada sur-

vey of more than 1,000 Canadian parents of children aged five to 14 found that nine in 10 have discussed basic pedestrian practices with their children. However, only 28 per cent of those polled have discussed the risks of cell-phone use while crossing the street.

THE CANADIAN PRESS

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A long road back to the big leagues

► After being forced to give up his pitching career by injuries, Canadian Loewen returns to majors, starts in right for Blue Jays against Red Sox



► Adam Loewen comes to bat in the third inning against Boston last night.

Adam Loewen of Surrey, B.C., says he has always enjoyed hitting more than pitching.

After two stress fractures in his left elbow forced him to abandon his major-league career as a pitcher with the Baltimore Orioles, he returned to the majors last night as a right-fielder with the Toronto Blue Jays.

"It's a rare feat," Blue Jays manager John Farrell said.

Regular right-fielder Jose Bautista was listed in the lineup as the Jays designated hitter against the Boston Red Sox at Rogers Centre.

Loewen joined the Blue

Jays as a September call-up after he finished the season with triple-A Las Vegas batting .306 with 17 homers and 86 runs batted in.

The 27-year-old Loewen, who bats and throws left, said his return to the majors is different than the first time when he got the call from the Orioles in 2006. They had made him their first-round pick in the 2003 draft.

"The first time there was a lot more excitement but this is just a dream come true to be playing for the Blue Jays as a hitter," Loewen said. "Now I'm actually doing what I want to do. It's very satisfactory and I feel very blessed to be

playing at all."

He was 8-8 with a 5.38 earned-run average in 35 major-league games, 29 as a starter.

"We thought it was chance to get him in the lineup right away," Farrell said before last night's game. "And we had talked about giving Jose a day at DH just to get him off his feet."

It's not that Loewen didn't also enjoy pitching, it's just that pitchers don't hit as much as players at other positions. "The real dream would be to do both but they don't let you do that," he said.

"I was never sure," Loewen said before last

night's game. "I knew I had a chance. I was a good player in high school. But I always loved to hit more than I liked to pitch."

He gave up pitching after the 2008 season and signed with the Blue Jays on Oct. 24, 2008.

"It wasn't that I guaranteed myself to get back here," he said. "I knew I was going to enjoy doing it. A lot of people believed in me. I had a lot of help along the way to make this possible and the best part about it is it's not over yet."

"It's not success yet, just getting here, because that was never my intention. I wanted to go as far as I could." **THE CANADIAN PRESS**

GENE J. PUSKAR/THE ASSOCIATED PRESS



► Crosby
'Best I've felt for a long time': Crosby

Sidney Crosby will make a full recovery from a brain injury and will play again in the NHL. He is certain of it, and so are the concussion specialists who are treating him.

The question is when. Right now, neither the medical experts nor the Pittsburgh Penguins can make an accurate guess when the NHL's signature star will play again.

Despite the rapid, measurable progress Crosby has made since being bothered again by post-concussion symptoms while doing arduous conditioning work last month, there is no accurate estimate when he will play again for the Penguins.

Next month? Next year? Who knows?

"I have no earthly idea," said Michael (Micky) Collins, who heads the University of Pittsburgh Medical Center's concussion testing unit.

Crosby, speaking publicly yesterday for the first time since late April, said only that he was sure he would play during the 2011-12 season, which begins next month and runs through the Stanley Cup final in June.

"This is the best I've felt for a long time," Crosby said at a news conference that attracted a large number of reporters from the United States and Canada. "The last three weeks have been really good. I feel myself getting better and better."

The Penguins, relieved that Crosby apparently will make a full recovery from the type of head injury that has ended careers, cautioned he won't be back on the ice until he is fully recovered from a severe concussion that occurred following hard hits in successive games Jan. 1 and 5.

THE CANADIAN PRESS



Quoted



"What a great win. When he hit it, I said, 'It's that kind of year.'"

DETROIT PITCHER JUSTIN VERLANDER. VERLANDER WON HIS 10TH STRAIGHT START AND EARNED HIS 22ND VICTORY OVERALL AFTER VICTOR MARTINEZ HIT A LATE GRAND SLAM THAT SENT THE TIGERS OVER THE CLEVELAND INDIANS 8-6 LAST NIGHT.



Scan code for more sports news.

NBA owners, players at the table

NBA owners and players met for about 5½ hours yesterday, plan to resume negotiations today, and could even sit down again Friday.

While neither side would say if progress is being made, the frequency of the discussions seems a good

sign. They met only twice in the first two months of the lockout that began July 1.

But they went for about six hours last Wednesday, and decided they would go multiple days this week. Both sides said they could even carry over the discussions into a third consecutive day if things go well during today's session.

"We agreed that we're going to sit here for as many days as we can to see whether we can make progress, but we agreed not to characterize anything at

all," commissioner David Stern said.

Both sides were cautious not to portray any optimism, though one player briefly did on Twitter, before saying his account had been hacked.

THE ASSOCIATED PRESS

CFL

Receiver Fantuz back in CFL

All-star slotback Andy Fantuz has returned to the struggling Saskatchewan Roughriders.

Fantuz announced via Twitter yesterday morning that he would attend the CFL team's practice, effectively putting his NFL aspirations on hold. He took to the field at Mosaic Stadium wearing his old No. 83.

"It feels great," Fantuz said after practice.

"You know, I missed these guys out here and had a good practice coming off a good week, a lot of energy in the room and I'm just excited to get going again."

The native of Chatham, Ont., was the

CFL's outstanding Canadian last year after registering a league-high 1,380 receiving yards before signing as an option-year player with the NFL's Chicago Bears.

The six-foot-four, 221-pound Fantuz was among Chicago's final cuts but still had a 10-day period during which he could have signed with another NFL club. However, by reporting to practice, Fantuz will commit to the Riders for the rest of the season.

"It just felt like it wasn't probably going to happen this year," Fantuz said of his NFL bid. "When teams go through the waiver period and then they make their practice squads and stuff, usually nothing else will happen in the first week. It takes a little longer. I didn't have that much time and was anxious to get back on the practice field and get back playing."

THE CANADIAN PRESS



The show must go on

► With little time left to make up games, baseball tries to wait out weather

Puddles aren't about to stop any pennant races.

With three weeks left in the regular season, Major League Baseball is feeling the pressure to play every game despite a lot of wet weather. The result? A sports version of The Late, Late Show.

Because just like the mail, "neither snow nor rain nor heat nor gloom of night" prevents baseball from getting to the final out.

Atlanta's game at Philadelphia began shortly before 9 p.m. Tuesday night after a one-hour 52-minute delay and didn't

end until just past midnight.

That was an early night compared with what happened up the coast. By the time Phil Hughes threw the first pitch in Baltimore's game at Yankee Stadium, it was 11:08 p.m. local time — 4:03 later than the scheduled start time. There were just 1,000 or so fans in the stands.

"It got really bad out there. I don't want to comment on whether we thought we should have played or not, but it just — it wasn't a good situation," Yankees first baseman

Mark Teixeira said.

With more rain forecast for yesterday, a miserable fan experience wasn't much of a factor for the Yankees and Phillies. Ultimately, late-season decisions on when to start are up to MLB.

"It was a joint decision by the commissioner's office and the Yankees," New York president Randy Levine said. "The weather report for Wednesday was very ominous. We have one off-day left, and it's off a West Coast trip, so we had to do everything in our power to get it in."

There are few slots for

makeups because of a schedule that crams in 162 games into 182 days. Three off-days are taken up by the all-star break, and teams in the East and Midwest usually build off-days into April, when weather frequently is the worst.

The Yankees already have had eight postponements, most in the majors, and 12 games played with delays. Already jamming in four rescheduled games during the final month, New York has just one off-day — Sept. 15, a travel day after a series at Seattle and before a game in Toronto. THE ASSOCIATED PRESS

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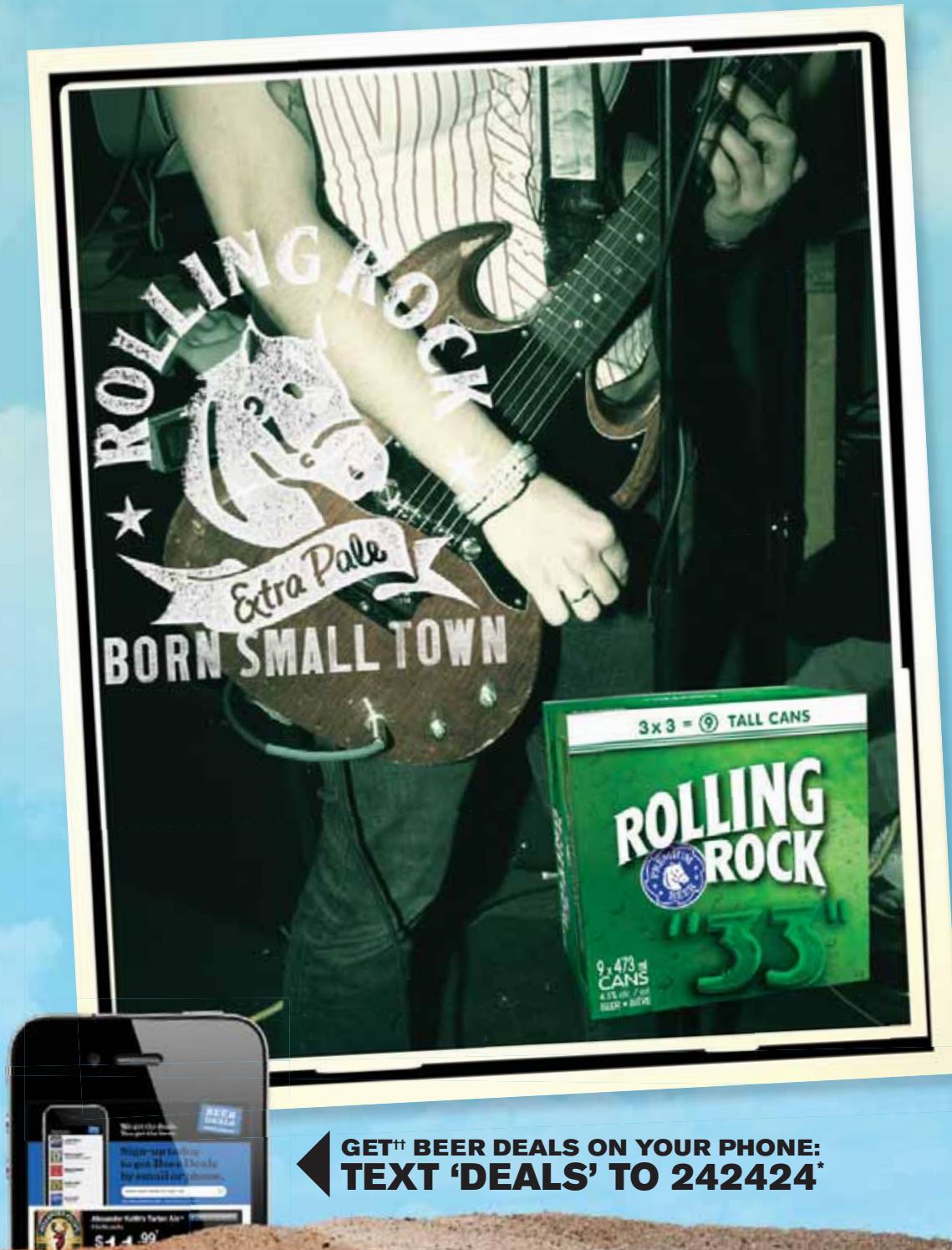
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Rain claims another day of Open

- Stars upset after playing on damp courts before matches were called for the day
- 'They know it's still raining and call us onto the court,' Nadal complains

Rafael Nadal, Andy Roddick and Andy Murray got in about 15 minutes of tennis yesterday — barely enough to work up a sweat, but more than enough to get into a snit.

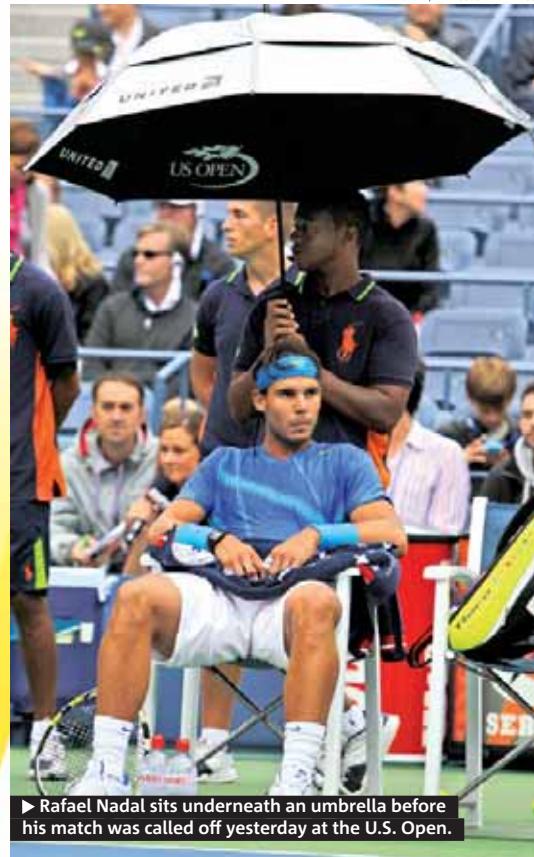
Rain washed out some matches for the second straight day at the U.S. Open, creating a logjam in the schedule and a bigger mess in the locker-room, where the big-name players questioned the wisdom of putting them out on courts that were still damp thanks to a fine mist that was falling in the morning.

Shortly after they started, play was called, then late in the afternoon the players were sent home — their fourth-round matches now scheduled to be completed today.

U.S. Tennis Association officials didn't immediately cancel women's play, knowing if they could squeeze any of those quarter-final matches in, they could stay on some semblance of a schedule — and make the TV broadcasters a bit happier.

The forecast in New York for last night called for a 100 per cent chance of rain.

"Grand Slams is about a lot of money," Nadal said



in an interview on ESPN after falling behind 3-0 to unseeded Gilles Muller.

"We're part of the show. They're just working for that, not for us. They know

it's still raining and call us onto the court. That's not possible. ... I understand the fans are there. But the players are important in this part of the show, too, and we didn't feel protected."

After being called off the court when the mist turned into rain, Nadal, Roddick and Murray all went to the tournament director's office to discuss the situation.

Aware of the criticism, the USTA released a statement, saying there appeared to be a two-hour window without rain in the morning and because of that, officials decided to start play.

"Unfortunately, not all light rain and mist shows up on radar," the USTA said. "We have experienced referees, and they decide if courts are fit for play. Conditions may be not ideal, but still can be safe. However, if a player or players feel that conditions are unsafe, we listen to them, as we have always done, and the referee uses that information as part of his/her assessment on whether to continue or halt play."

Two men's quarter-final matches — Roger Federer

against Jo-Wilfried Tsonga and Novak Djokovic against Janko Tipsarevic — were postponed earlier in the day.

With rain showers lingering over the Billie Jean King National Tennis Center for the second straight day, this debate about safety, money, weather and scheduling had to suffice for the afternoon's, and maybe the evening's, entertainment. **THE ASSOCIATED PRESS**

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EAST DIVISION

	W	L	Pct	GB
New York	87	54	.617	—
Boston	85	56	.603	2
Tampa Bay	78	64	.549	9%
Toronto	70	72	.493	17%
Baltimore	56	85	.397	31

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	81	62	.566	—
Chicago	71	69	.507	8%
Cleveland	70	70	.500	9%
Kansas City	60	84	.417	21%
Minnesota	58	84	.408	22%

WEST DIVISION

	W	L	Pct	GB
Texas	81	63	.563	—
Los Angeles	77	65	.542	3
Oakland	65	78	.455	15%
Seattle	59	82	.418	20%

Yesterday's results

Detroit 8 Cleveland 6
Baltimore 5 N.Y. Yankees 4, 11 innings
Tampa Bay 5 Texas 4, 10 innings
Oakland 7 Kansas City 0
Boston at Toronto
Chicago White Sox at Minnesota
Seattle at L.A. Angels
Tuesday's results
N.Y. Yankees 5, Baltimore 3
Detroit 10, Cleveland 1
Boston 14, Toronto 0
Texas 8, Tampa Bay 0
Chicago White Sox 3, Minnesota 0
Kansas City 7, Oakland 4
Seattle 2, L.A. Angels 1
Today's games
N.Y. Yankees (Nova 15-4) at Baltimore (Simon 4-8), 1:05 p.m.
Boston (A.Miller 6-2) at Toronto (R.Romero 13-10), 7:07 p.m.
Cleveland (D.Huff 2-3) at Chicago White Sox (Floyd 12-10), 8:10 p.m.
Kansas City (Hochevar 10-10) at Seattle (Varas 7-13), 10:10 p.m.
Tomorrow's games
Minnesota at Detroit, 7:05 p.m.
Baltimore at Toronto, 7:07 p.m.
Boston at Tampa Bay, 7:10 p.m.
Oakland at Texas, 8:05 p.m.
Cleveland at Chicago White Sox, 8:10 p.m.
N.Y. Yankees at L.A. Angels, 10:05 p.m.
Kansas City at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	90	59	.652	—
Atlanta	82	71	.582	9%
New York	69	71	.493	22
Washington	65	75	.464	26
Florida	63	78	.447	28%

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	85	58	.594	—
St. Louis	75	67	.528	9%
Cincinnati	70	72	.492	14%
Pittsburgh	65	77	.458	19%
Chicago	61	81	.430	23%
Houston	48	94	.338	36%

WEST DIVISION

	W	L	Pct	GB
Arizona	81	61	.563	—
San Francisco	75	67	.528	6
Los Angeles	69	72	.489	11%
Colorado	67	75	.472	14
San Diego	61	81	.430	20%

Yesterday's results

N.Y. Mets at Florida
San Francisco at San Diego
Atlanta at Philadelphia
Houston at Pittsburgh
L.A. Dodgers at Washington, ppd., rain
Cincinnati at Chicago Cubs
Milwaukee at St. Louis
Arizona at Colorado
Tuesday's results
Philadelphia 6, Atlanta 3
Houston 4, Pittsburgh 1
L.A. Dodgers 7, Washington 3
N.Y. Mets 7, Florida 4, 12 innings
Cincinnati 4, Chicago Cubs 2, 13 innings
St. Louis 4, Milwaukee 2
Colorado 8, Arizona 3
San Francisco 6, San Diego 4
Today's games
L.A. Dodgers (Billingsley 10-10) at Washington (Wang 2-3), 1:05 p.m., 1st game
Atlanta (Minor 4-2) at N.Y. Mets (Schwinden 0-0), 4:10 p.m., 1st game
L.A. Dodgers (Eovaldi 1-0) at Washington (Detwiler 2-5), 4:35 p.m., 2nd game
Atlanta (Teheran 0-1) at N.Y. Mets (Gee 12-5), 7:40 p.m., 2nd game
Philadelphia (Hamels 13-7) at Milwaukee (Narveson 10-6), 8:10 p.m.
San Diego (Luebke 5-8) at Arizona (I.Kennedy 18-4), 9:40 p.m.
Tonight's games
N.Y. Yankees (Nova 15-4) at Baltimore (Simon 4-8), 1:05 p.m.
Boston (A.Miller 6-2) at Toronto (R.Romero 13-10), 7:07 p.m.
Cleveland (D.Huff 2-3) at Chicago White Sox (Floyd 12-10), 8:10 p.m.
Kansas City (Hochevar 10-10) at Seattle (Varas 7-13), 10:10 p.m.
Tomorrow's games
Minnesota at Detroit, 7:05 p.m.
Baltimore at Toronto, 7:07 p.m.
Boston at Tampa Bay, 7:10 p.m.
Oakland at Texas, 8:05 p.m.
Cleveland at Chicago White Sox, 8:10 p.m.
N.Y. Yankees at L.A. Angels, 10:05 p.m.
Kansas City at Seattle, 10:10 p.m.
L.A. Dodgers at San Francisco, 10:15 p.m.
Not including last night's game

TUESDAY

RED SOX 14, BLUE JAYS 0

	ab	r	h	bi	Toronto	ab	r	h	bi
Ellsbury cf	4	2	2	0	YEscor ss	4	0	2	0
Reddick rf	1	1	1	1	EThms lf	4	0	0	0
Pedroia 2b	5	0	0	0	Bautist rf	3	0	0	0
Aviles 2b	1	0	0	0	Wise pr-cf	1	0	0	0
AdGuz 1b	5	3	3	2	Lind 1b	3	0	0	0
Lowe 1b	0	0	0	0	Teahen 1b	1	0	1	0
Youkilis 3b	4	2	2	1	Enrcnd dh	4	0	0	0
D.Ortiz dh	6	3	4	2	KJhnsn 2b	2	0	0	0
Suttoro ss	5	2	4	4	Wdwr 2b	2	0	0	0
Crivfri lf	4	0	1	1	Lawrie 3b	2	0	0	0
Spears lf	2	0	0	0	Arenci c	3	0	1	0
Stlmlch c	5	1	1	2	McCoy cf-rf	3	0	0	0
Lvmyw c	0	0	0	0					
DMcbr f-cf	5	0	2	1					
Totals	47	14	20	14	Totals	32	0	4	0
Boston	422	320	0	10	Boston	0	0	0	0
	000	000	000	000					

E—Youkilis (8), Lawrie (4). LOB—Boston 11, Toronto 6. 2B—Ellsbury (38), Ad.Gonzalez (42), Youkilis (32), D.Ortiz 2 (37), Suttoro 3 (18), C.Crawford (22). RR—Reddick (7), Saltalamacchia (15).

IP H R ER BB SO

	IP	H	R	ER	BB	SO
Boston	7	3	0	0	1	11
Lester W,15-6	2	1	0	0	0	5
Weiland	1	0	0	0	0	0
Toronto	22	10	8	8	2	1
L.Perez L,3-3	22	3	10	8	2	1
R.Lewis	11	3	5	3	0	3
McGowan	4	5	3	3	3	5
Carreno	1	0	0	0	0	2
McGowan	50	75	17	11	48	292
Escobar	151	19	43	3	13	285
Molina	47	8	13	2	4	277
Johnson	43	61	119	15	44	274
Encarnacion	286	44	77	9	30	269
Thames	488	53	113	79	25	252
Lind	320	44	76	1	29	238
Davis	383	41	84	20	66	219
Arenicibia	188	11	39	3	12	216
Rasmus	123	14	26	1	5	211
McCoy	144	12	28	4	13	194
Teahen	22	3	3	1	1	136
Wise	33	3	4	1	5	121
Woodward	6	1	0	0	0	0
McCoy	0	0	0	1	0	0
Carreno	0	0	0	9	0	1
Janssen	4	0	2	46	2	212
Alvarez	1	2	0	36	25	295
Romero	13	10	0	193	2	157
Francisco	1	4	12	43	2	44
Villanueva	6	3	0	100	0	44
Litsch	5	3	1	65	2	57
Camp	3	3	1	59	1	45
Cecil	4	8	0	109	2	74
Perez	3	3	0	62	1	52
Morrow	9	10	0	0	148	2
Rauch	5	4	11	52	0	36
Drabek	4	5	0	72	2	48
McGowan	0	0	0	4	0	6
Mills	1	2	0	18	1	8
Lewis	0	0	0	5	0	9
Dallas at N.Y. Jets, 8:20 p.m.						

Not including last night's game

TENNIS

U.S. OPEN

At New York

Singles

Men

Fourth Round

Gilles Muller, Luxembourg, leads Rafael Nadal (2), Spain, 3-0 (0-15), susp., rain.

Andy Roddick (21), United States, leads

David Ferrer (5), Spain, 3-1, susp., rain.

Donald Young, United States, leads Andy

Murray (4), Britain, 2-1, susp., rain.

Not including last night's game

Calgary at Edmonton, 9 p.m.

Saturday's game

Toronto at B.C., 4 p.m.

Sunday's games

Hamilton at Montreal, 1 p.m.

Saskatchewan at Winnipeg, 4 p.m.

Not including last night's game

Calgary at Edmonton, 9 p.m.

Saturday's game

Toronto at B.C., 4 p.m.

Sunday's game

Hamilton at Montreal, 1 p.m.

Saskatchewan at Winnipeg, 4 p.m.

Not including last night's game

Calgary at Edmonton, 9 p.m.

Saturday's game

Toronto at B.C., 4 p.m.

Sunday's game

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Not including last night's game

Calgary at Edmonton, 9 p.m.

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Toronto at B.C., 4 p.m.

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Saskatchewan at Winnipeg, 4 p.m.

Not including last night's game

Calgary at Edmonton, 9 p.m.

Saturday's game

Toronto at B.C., 4 p.m.

Sunday's game

Hamilton at Montreal, 1 p.m.

Saskatchewan at Winnipeg, 4 p.m.

Not including last night's game

Calgary at Edmonton, 9 p.m.

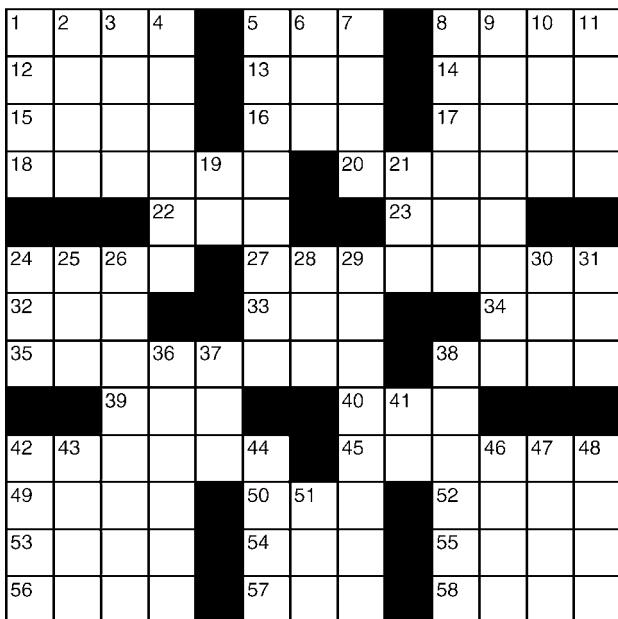
Saturday's game

Toronto at B.C., 4 p.m.

Crossword

Across

1 Money
5 Here (Fr.)
8 Off-key
12 Minstrel's instrument
13 — sequitur
14 Regarding
15 Met melody
16 Moment
17 Slave to cross-words?
18 Mimicry expert
20 "The Maltese Falcon" director
22 Enjoy Aspen
23 Sch. org.
24 — accompli
27 Pest
32 Possess
33 Larry King's former employer
34 Western st.
35 Paraphrases
38 Big rig
39 Levy
40 Pull along
42 Iced dessert
45 Rhododendron's kin
49 Hebrew month
50 "2001" computer
52 Snatched
53 "The Amazing —"
54 Under the weather
55 Maintain
56 Picnic invaders
57 One of the family
58 Squeezes (out)
Down
1 Applaud
2 Emanation
3 Use a teaspoon
4 San Simeon pub-



lisher software
5 Natural aptitude 30 Rotating part 51 Will Smith biopic
6 Miler Sebastian 31 Inventor Whitney
7 Foot fraction 36 Restaurant furniture
8 Cinco de Mayo party 37 Hatchet
9 Case 38 Wrap
10 Italian river 41 Wizard's place
11 Adolescent 42 Antitoxins
19 Suitable 43 "The Good Earth"
21 High points heroine
24 Supporting 44 Anything but that
25 Shock and — 46 Glimpse
26 Teach 47 Model Macpherson
28 French article son
29 Sets up for use, as 48 Tosses in

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metroneWS.ca

♈ Aries March 21-April 20 You are in for some serious criticism today. Don't listen to it.

♉ Taurus April 21-May 21 Be careful who you confide in because if you reveal something embarrassing, soon everyone will know.

♊ Gemini May 22-June 21 You are no longer sure that what you are planning is such a good idea. It's just a passing doubt.

♋ Cancer June 22-July 22 Chances are you will fall out with someone who does not share your outlook on life. But that's OK.

♌ Leo July 23-Aug. 23 Don't allow yourself to be distracted by events that are likely to steer you away from your long-term goals.

♍ Virgo Aug. 24- Sept. 22 No matter how much you want to explain to certain people what you expect, they may not understand.

♎ Libra Sept. 23-Oct. 23 Someone you work with is harbouring a secret grudge against you.

♏ Scorpio Oct. 24-Nov. 22 If you take what someone tells you at face value today, you'll miss the more interesting half of the story.

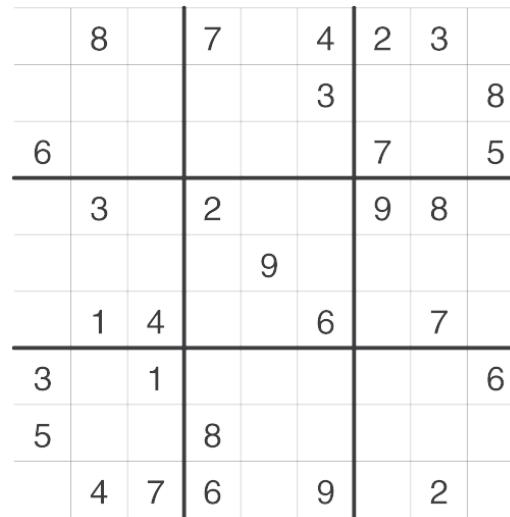
♐ Sagittarius Nov. 23-Dec. 21 Think before you speak today: Sometimes words can be more dangerous than actions.

♑ Capricorn Dec. 22-Jan. 20 This is a great time of year for you, so don't hold back.

♒ Aquarius Jan. 21-Feb. 18 The only reason a colleague is being so critical of you is because they resent your success.

♓ Pisces Feb. 19-March 20 There's no need to kick yourself for failing to get around to completing a project. **SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Today

24°/14°
Variable



Friday

25°/12°
Mainly sunny



You could win a Dell laptop.

Watch your morning forecast from 5-11am for the word of the day. theweathernetwork.com/dell

The Weather Network

TWN incorporates MSC data.

HADI MIZBAN/ THE ASSOCIATED PRESS



Caption contest

"Please sir...I want some more."
JOHANNA



WIN! You write it!

Write a funny caption for the image above and send it to play@metroneWS.ca — the winning caption will be published in tomorrow's Metro.

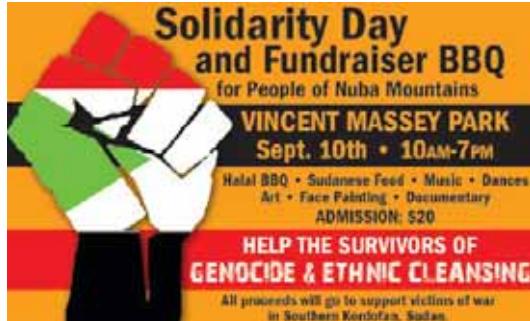


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You can now post your kiss, and read even more kisses, online at metroneWS.ca/kiss.

coral olivas, As I gaze up into your eyes, two stars brown and bold, I can't help but notice all the warmth you truly hold. Through your eyes I see your soul, untouched and still whole. You love me, Already I know. Looking up into your eyes, makes me love you more and more each day.

MAMI

E.L. It has already been half a year since we first dated, and I've enjoyed every single moment of it. I'm grateful that I have someone like you who cares so much for me. I love that you're always there, especially during the times where I need you the most. I hope we never grow apart. I love you, forever & always. A.K.

Leo, I have two eyes to see you, two arms to hold you, two ears to hear you, two lips to kiss you but only one heart to love you! DAISY



Bare to BE the difference - Join Us!

THE SKI PATROL IS LOOKING FOR NEW MEMBERS

DO YOU LIKE TO SKI OR SNOWBOARD? INTERESTED IN LEARNING FIRST AID?
YOU LIKE HELPING OTHERS? VOLUNTEER AND PAID OPPORTUNITIES AVAILABLE

My hands feel the sting

of the cold as I take my skis off the roof rack in an empty parking lot on a cold February morning. I mutter to myself, under my quite visible breath, "Why do I do this?"

I carry my gear into the patrol shack to see who else was foolhardy enough to show up this early. The old guys are getting their gear on. The young guys are slow moving and sleepy eyed, but are getting ready too. This year's recruits are fully dressed and bouncing around impatiently, waiting for the day to start. They remind me of myself a few years ago. The bottom line is, my friends are here, and I'm going to spend this day skiing with them. Maybe that's why I do it.

Twenty minutes before the hill opens to the public, we make our way past the line up of so called "die-hard" skiers waiting for the lifts to open, and load up, four by four to do our opening check. I've got my assignment for the morning; my team lead has me digging our toboggans out from under 20cm of fresh snow, and she's got me opening my favorite gladed run. I'm keeping the skiing public safe by cutting fresh lines through untracked snow, with the hill to myself. Maybe that's why I do it.

Nine thirty rolls around, and I meet up with a few other patrollers for a hot chocolate, and a

a greasy breakfast. We catch up on the week, and consume some tasty calories to keep warm up. Maybe that's why I do it.

Back on the hill, the radio crackles: one of my colleagues is treating a skier with a broken leg. I'm the closest, so I grab the toboggan and head for the scene. Within minutes, we have our patient warm and secure, and en route to hospital, bagged and tagged as we say.

Despite the broken bone, our patient left in good comfort and good spirits. Maybe that's why I do it.

A few more tasks, a few more incidents... a downhill race to provide first-aid services for, a run to close due to hazardous conditions, a lost child to reunite with a parent, tracking down some kids skiing out of bounds. The usual, really, and then it's time to close the hill. I've got my closing assignment: turn over out toboggans in case we get any more snow, and sweep a mellow cruiser run to make sure no skier gets left behind. I'm alone at the top of the hill, the lift has stopped, the crowds are gone, and everything is quiet. One more run. Maybe that's why I do it.

I arrive back at the clinic to take my ski gear off. We're getting out of your yellow-and-blues and into our civvies, and the patrol leader is giving us a quick debrief of the day's events. We've all been through some tough work today, and we've all had some good fun, but we've done it all together, as a team, and as friends. We check into the main lodge for a little après ski. Maybe that's why I do it.

The next day, my hands feel the sting of the cold as I take my skis off the roof rack in an empty parking lot on a cold February morning. I mutter to myself, under my quite visible breath, "Why do I do this?"

- Ryan Falls



Takin' Care of Business



Training for the Real Thing



Chillin' on the Lift

INFORMATION/REGISTRATION EVENINGS

When: September 6 and 8, 2011
7pm sharp

Where: Firkin & Knight
at 1460 Merivale Road (Loblaws Plaza)
Baseline & Merivale

The sign up process includes receipt of your first aid manual, a first aid kit, basic supplies, being sized for your uniforms, having your picture taken for your ID card and payment, which is due before the start of your training.

Online pre-registrations available and various methods of payment accepted!

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For more information, go to airmiles.ca/superbonus

*Offer valid until October 2, 2011 at participating Shell locations. Minimum \$40 fuel purchase required. Minimum \$10 in-store purchase excluding tax is required per transaction to earn 10x offer. Minimum \$5 in-store purchase excluding tax is required per transaction to earn 5x offer. One Bonus offer per transaction. Tobacco products, car wash and service bay repairs are not eligible. Maximum number of Bonus reward miles awarded per transaction is 290. [†]Offer valid until September 18, 2011 on selected products only at participating RONA stores. Bonus offer coupons must be presented at time of purchase. Other conditions apply. Details in-store. ^{††}Minimum purchase of \$50 or more before taxes after discounts and exclusions in a single transaction. Offer valid from September 9-11, 2011. One offer per applicable transaction only. This offer cannot be used in conjunction with any other store-wide bonus offer. Offer subjected to change without notice. Offer applies to total base reward miles earned. AIR MILES Base and Bonus offers exclude prescriptions, products containing codeine, postal service, stamps, Gift Card Express, Rexall Pharma Plus Gift Cards, lottery, transit tickets and taxes. Offer valid at Participating Rexall™ and Rexall™ Pharma Plus locations only in the province of Ontario, excluding the region of Thunder Bay and Western Provinces. ^{**}Account must be in good standing. 2x reward miles available at participating Metro (London locations only), RONA, Rexall Pharma Plus (Ontario only excluding Thunder Bay and Western Provinces) and Shell locations in Ontario when you use your American Express® AIR MILES® Credit Card on each purchase of \$30 or more between September 9-11, 2011 only. Reward miles will be earned on the amount of all eligible purchases, less credits and returns (which may result in reward miles being deducted from the number of double reward miles earned). Other terms and conditions apply. Visit airmiles.ca/superbonus for details. [©]* Used by Amex Bank of Canada under license from American Express. [™]Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.